

88-2



^{2d}
The Compleat Cook

W. Faithorne fecit

Sold by Nat. Brooks
att y^e Angel in Cornhill

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W. Faithorne fecit

Sold by Nat. Brooks
att y^e Angel in Cornhill

~~44~~ THE ~~15-22~~
QUEENS
Syn. 8.65.44
CLOSET
OPENED.

Incomparable Secrets in
Physick, Chyrurgery, Preser-
ving and Candyng, &c.

Which were presented unto the
QUEEN.

By the most Experienced Persons of the
Times, many whereof were had in
esteem, when she pleased to descend
to private Recreations.

Corrected and Reviewed, with many
Additions: together with three exact
Tables.

Vivit post funera Virtus.

LONDON,
Printed for Nath. Brooke, at the Angel
in Cornhill, 1659.

1846-17



TO THE
Ingenious & Courteous
READER.

Reader,

IT being at first the general good which caused us to publish this useful and compleat Piece, we could not chuse but for the same end give it a new Birth; especially when we heard that we had so well attain'd what we sought, in regard of the benefit which so many have receiv'd from these, which we shall now rather call
Expe-

To the Reader.

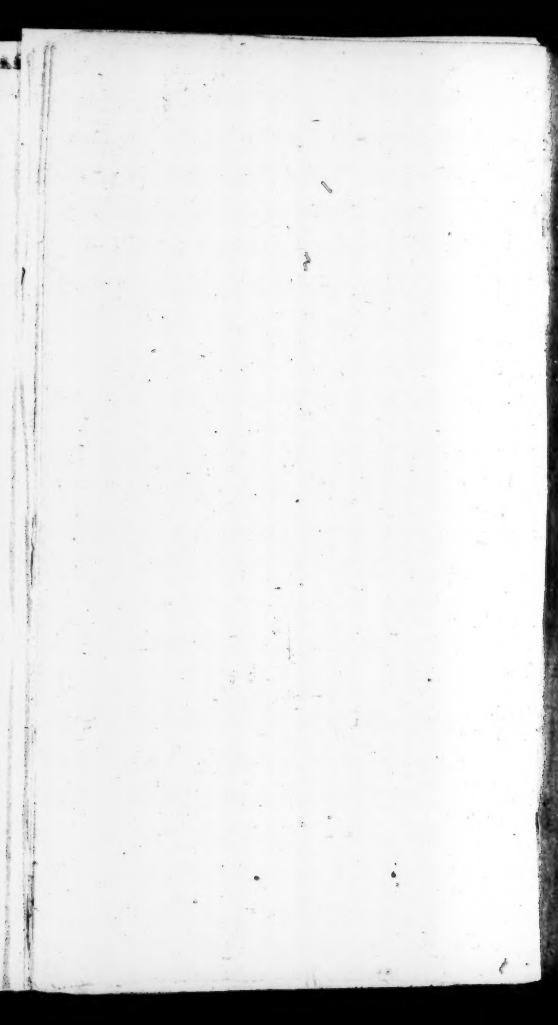
Experiments then Receipts, contained therein. In short, we may say that it hath had a general Reception, travelling up and down the Kingdoms, and like the good Samaritane giving comfort to all it met; neither have we known of any that have bought it, who have not testified their high Esteem thereof. And indeed how should it otherwise be, knowing out of what Elaboratories it was produced: Nor is it without its variety, here preserving the fruits of the Earth with such a curious neatness, as if it would shew, that though Summer gave those pleasant fruits, yet that Art is able to make Winter richer then her self: or if this please not, teaching you to furnish the Tables of Princes with such a Grandezza as befits them. But as for the Physicall part, what can be more noble then that which gives the rich such an oppor-

To the Reader.

opportunity of spending upon good works, while they succour the poor, and give comfort to them in their greatest distresses. If we have given it too narrow a praise, for too large an Encomium, I am sure we cannot attribute to it, considering its true value; it is not what we intended, though we are glad to see its own high deserts, carrying it so much above the reach of a more than common repute. 'Tis true there may be some faults, and those may justly cause us to be blamed: but now we hope your Ingenuity will the rather forgive us and them, and with more diligence seek to amend what is amiss, if not for our sakes, yet out of Charity to a Work which is so charitable to your selves.

Farewell,

W. M.





The Prescribers , and
Approvers of most of
these rare Receipts,
their following names
are in several Pages of
this Book inserted and
annexed to their own
experienced Receipts.

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The



THE
QUEEN'S CABINET
OPENED:

OR,

The Pearle of Practice.

Accurate, Physicall, and Chy-
rurgical Receipts.

*Doctor Butler's Preservative against
the Plague.*



Take Wood sorrel, and pick
it from the stalke, and
pound it very well in a
stone Mortar; then take
to every pound of beaten
Sorrel a pound of Sugar finely beaten,
and two ounces of Mithridate, beat them
very well together, and put them in pots
for your use; take every morning before
C and

and after the infection for some time together of this Conserve, as much as a Walnut.

Dr. Butlers Cordial Water.

Take Pimpernel, Carduus, Angelica, Scordium, Scabious, Dragon, and still these severally in a Rose-still; and when you have a pint of the water of every of these sorts of Hearbs, then mingle all these together very well, and dissolve in it half a pound of Venice Treacle, then still all these together, and mingle the stronger water with the small, six spoonfuls of this water, made blood warm, given to one sick of the Plague, driveth all venome from the heart. It is excellent, so used, for the Small Pox, or for any pestilent Feaver.

Dr. Butlers Purging Ale.

Take of Sarsaparilla two ounces, of Polypody of the Oak, and Sena, of each four ounces, Caraway-seed, and Aniseed, of each half an ounce, Liquorish two ounces, Maidenhair, and Agrimony, of each one little handful, Scurvey half a bushel; beat all these grossly, and put them into a course Canvas bag
and

and hang it into three gallons of strong Ale; when it is three dayes old drink it.

*Dr. Giffords Amber Pills for a
Consumption.*

Take of Venice Turpentine one ounce washed, and six grains of the powder of white Amber, mixt them together, and set them in a clean pot upon embers, and let it not stand too hot; to try whether it be enough, take a drop, and let it cool; if after it is cold it be stiff, and will not cleave to the finger, it is enough: then take of the powders of Pearl, White Amber, and Coral, of each a quantity, as a quarter of an ounce, of the inner bark of an Oak, a quarter of an ounce of cinamon, and nutmegs; of each as much, and three ounces of hard white Sugar; make all these into a powder, and seeth them, and put the pills into them; before you take them, you must be well purged, after which you must take three of the afore-said Pills wrapped up in the powder, what else you will, and in the morning take the yolk of a new laid Egg warmed a little, and put into it as much of the powder as will lie on a shilling,

and sup it off; let this be used some time together, and there will be great benefit found by it.

To comfort the Heart and Spirits, and to suppress Melancholly.

Take of the juyces of Borage and Bugloss, of each one pint and a half, juyce of Pippins, or Queen Apples one pint, juyce of Balm half a pint, clarifie them, then take Chochenel made into powder four drams; infuse it in the said juyces being cold in an earthen pan for two dayes, stirring it often, then strain it, and with four pound of powder Sugar, (or two pound if you mean not to keep it long) boil it to a syrrup, then take it off, and when it is almost cold, put to it Diamargaritum Frigidum one dram and a half, Diambra four scruples. Take thereof a spoonful or two for many mornings together, and when you awake in the night, if there be cause; you may also adde to some part of it Saffron to make it more cordial, by putting some powder of Saffron in a linnen clout tied up, and so milking it out into the syrrup, let the substance
there.

thereof remain in the cloth, and take thereof sometimes. *Approved.*

A Cordial Electuary for stuffing of the Stomach, or shortness of Breath.

Take a pint of the best Honey, set it on the fire and scum it clean, then put to a bundle of hysop bruised small before you tie it up; let it boil well, till the honey taste of the Hysop, then strain out the Honey very hard, and put to it the powder of Angelica root, the weight of six pence, powder of Elicampane root the weight of six pence, Ginger and Pepper, of each the weight of two pence, Liquorish and Anniseed of each the weight of eight pence, all beaten very small severally: put all these into the strained Honey, and let them boil a little space, stirring them well together all the time, then take them from the fire, and pour all into a clean gallypot, stirring it alwayes till it be through cold, and keep it close covered for your use. When any are troubled with stuffing at the Stomach, or shortness of breath, let them take of this Electuary with a bruised Liquorish stick, and they

shall sensibly finde much good by it. This was *Queen Elizabeths* Electuary for these inhrmities.

Mr. Covets Medicine for the Palsie.

Take a pint of the strongest mustard, set it in an Oven for two or three times, till it be as thick as a hasty pudding, the Oven must not be too hot to burn it: then set it on a chafing dish of coals, till it be dry enough to make into powder. Take half an ounce of Betony powder, and mix it with the said powder, and sweeten it with Sugar-candy to your taste. Take of this every morning for ten dayes. *Approved.*

A Receipt to help Digestion.

Take two quarts of small Ale, put to it red mints one handful, as much of red Sage, a little Cinamon; let it boil softly till half be wasted, sweeten it with sugar to your taste, and drink thereof a draught morning and evening.

A singular Cordial.

Take two ounces of dried red Gillyflowers, and put them into a pottle of Sack, put to it three ounces of fine Sugar in powder, and half a scruple of Ambergreece in powder; put all these in a stone bottle, stop it close with a strong cork, and shake it oft. After it hath stood ten dayes, pass it through a Jelly bag, and give two or three spoonfuls of it for a great Cordial. This way you may also make Lavander wine for the Palsie, and other Diseases.

Dr. Bassa an Italian. An approved Receipt to break the Stone in the Kidneys.

In the Moneth of *May* distill Cowdung, then take two live Hares, and strangle them in their blood; then take the one of them, and put it into an earthen vessel or pot, and cover it well with a mortar made of horse dung and hay, and bake it in an Oven with household bread, and let it still in an Oven two or three dayes, baking anew with any thing, until the Hare be baked or dried to powder,

der ; then beat it well , and keep it for your use. The other Hare you must flea, and take out the guts onely ; then distil all the rest , and keep this water : then take at the new and full of the Moon, or any other time , three mornings together as much of this Powder as will lie on six pence , with two spoonfuls of each water, and it will break any stone in the Kidneys.

Dr. Basse's Remedy for a bloody Urine, or to break a Stone in the Bladder.

Take the distilled water of Saxifrage , Coriander , Parsley , and cod of broom when they be green , the berries of white Thorn stilled when they be ripe ; they must be stamped stones and all, and then distilled : the green hulls of Walnuts when they be ripe stilled, Rayfins of the sun stilled ; every one of these waters must be stilled by it self. Then take an equal quantity of each , as a pint of *Aqua Spirit* ; put them all together , and still them in an ordinary still , or in *B.* after scum the water nine or ten dayes : and take of this water for ten or fifteen dayes , five or six spoonfuls

fulsa time in the morning fasting, and use to take it after a day or two once in a moneth.

Syrup of Turnips.

First bake the Turnips in a pot with household bread, then press out the Liquor between two platters; put a pint of this liquor to half a pint of Hysop water, and as much brown Sugarcandy as will sweeten it; and boil it to the consistence of a syrup. It is very good for a Cold or Consumption.

Syrup of Citron Peels.

Take the outermost fresh Peels of Citrons cut in small pieces, and pour on them two quarts of water, then wring it through a cloth; put to the liquor one pound of powder sugar, boil it to a syrup, and when it is sodden, put four grains of Musk to it, dissolved in Damask rose water. This syrup cooleth not. It defendeth from the Plague.

*A Cordial Syrup to cleanse the blood, open
Obstructions, prevent a Con-
sumption, &c.*

Take Rosemary flowers, Betony,
Clove-gilly-flowers, Borrage, Broom,
Cowslip-flowers, Red-rose-leaves, Meli-
lot, Comfrey, Clary, Pimpinell flow-
ers, of each two ounces, red Currans
four pounds: infuse all these into six
quarts of Claret Wine, put to it four-
teen pounds of ripe Elder berries, make
the Wine scalding hot, then put in the
Flowers, Currans, and Elder berries, co-
ver the pot, and paste it very close, set
it in a kettle of warm water to infuse
forty eight hours, till the vertue of the
ingredients be all drawn out, then press
it out hard, and put to every pint of the
liquor one pound and three quarters of
powder Sugar, boil and scum it till
you finde the Syrup thick enough, when
it is cold bottle it, and keep it for your
use. Take two spoonfuls in a morning,
and so much in the afternoon, fasting two
hours after it.

A Medicine for a Dropſie approved by the Lady Hobby, who was cured her ſelf by it.

Take Carawayes, Smallage, Time, Hyſop, Watercreſſes, Penniroyal, Nettle tops, Calamint, Elecampane-roots, of each one little handful, Horſe radish two pounds, boil them in ſix quarts of running water, until half be conſumed; then ſtrain it, boil it a new with a pottle of Canary Sack, Liquoriſh twelve ounces, ſweet Fennel-ſeed one ounce bruised, and a quarter of an ounce of Cumin-ſeed bruised; boil all theſe above half an hour, then ſtrain it, and keep it for your uſe, nine ſpoonfuls in the morning faſting, and as much at three or four a clock in the afternoon, uſe it for ſome time together. This the Lady Hobby proved by her ſelf.

*Dr. Adrian Gilberts moſt Sovereign
Cordial Water.*

Take Spearmint, Broom-mint, Mother of Time, the Bloſſome tops of Garden Time, red Penniroyal, Scabious, Celandine, Wood Sorrel, Wood Betony,
An-

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Obstructions, prevent a Con-
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*Dr. Adrian Gilberts moſt Sovereign
Cordial Water.*

Take Spearmint, Broom-mint, Mother of Time, the Bloſſome tops of Garden Time, red Penniroyal, Scabious,celandine, Wood Sorrel, Wood Betony,
An-

Angelica leaves and stalkes, set Wall Leaves, Peony leaves, Egrimony, Tormentil, sweet Marjoram, red Sage, Rue, Rossolis, Angelica roots, Elecampany roots, set Wall Roots, green Peniroyal, Comfrey Blossoms and Leaves, Juniperberries, of each a pound, Balm, Carduus Benedictus, Dragon, Feaverfew, Wormwood, of each two pounds; steep all these in the lees of strong pure venient Claret Wine for nine dayes, every day twice turning them to mingle them well in the Lees, then distil them in a Limbeck with a red clear head, with two pounds of shaved Harts horn, and Ivory twelve ounces; draw as long of it as you may in severall pottle glasses: the first is accounted the best and uncompounded, and the perfectest against the Plague, spotted Feavers, small Pocks, ordinary Feavers, divers times experienced by my self, either to prevent, or in the time of these sicknesses. If you will compound it because the water hath an ill taste, then take the first gallon of the water, and mix it with a pottle of the best Malaga sack, and put into them three pounds of Raisins solis stoned, Figs one pound and a half, the flowers of Clove-gilly-flow-
ers,

ers, Cowslips and Marigolds, blue Violets, of each two pounds, red Rose buds one pound, Ambergreece, Bezoar stone, clarified Sugar, Aniseeds, Liquorish, and what else you please.

These are *Adrian Gilberts* Receipts, having had experience of them most constantly sure. The uncompounded Water is the more excellent: and if in time of infection one take two spoonfuls of it in good Bear or white Wine, he may safely walk from danger by the leave of God. If any of the former diseases attache any person, then he must take four ounces of the first water, and mix therewith either the syrups of Violets, Clove gilly-flowers, or Angelica, as the disease is: one spoonful of the Syrup is sufficient for four ounces of the water, so take it in three times.

For a swoln Face.

Take Oyl of Elder and Plaintain-water, of each one ounce, beat them well together, until they be exactly incorporated, and therewith anoint the tumefied place twice or thrice in a day, until the swelling be chased away.

Cock

Cock water for a Consumption.

Take a running Cock, pull him alive, then kill him, cut him abroad by the back, take out the entrails, and wipe him clean, then quarter him, and break his bones; then put him into a Rose-water still, with a pottle of Sack, Currans, and Raisins of the sun stoned, and Figs sliced, of each one pound, Dates stoned and cut small half a pound, Rosemary flowers, Wilde Time, Spearmint, of each one handful, Organs or Wilde Marjoram, Bugloss, pimpinel, of each two handfuls, and a bottle of new milk from a red cow. Distill these with a soft fire, put into the Receiver a quarter of a pound of brown Sugar-candy beaten small, four grains of Ambergreece, forty grains of prepared pearl, and half a book of leaf gold cut very small; you must mingle the strong water with the small, and let the patient take two spoonfuls of it in the morning, and as much at going to bed.

A precious Cordial for a sick body.

Take three spoonfuls of Mint water,
and

and as much of Muskadine and Wormwood water, two or three spoonfuls of fine Sugar, and two or three drops of Cinamon spirit; beat these well together with two or three spoonfuls of Clove-gilly-flowers spirit, and give the Patient now and then one spoonfull thereof; especially when he or she goeth to bed.

*Wormwood Cakes good for a cold Stomach,
and to help Digestion.*

Take pure searced Sugar two ounces, and wet it with the Spirit of Wormwood, then take a little Gum Tragacanth, and steep it all night in Rose water, then take some of this and the wet sugar, and beat them together in an Alabaster Mortar, till it come to a paste like dough, if you please put a little Musk to it, then make it up in little cakes of the breadth of a groat or three pence; lay them upon plates, and dry them gently in an Oven, and keep them in a dry place for your use: and upon occasion hold one of them in your mouth to melt, and swallow the dissolved jayce thereof for the infirmities aforesaid.

To make water of Life.

Take Balm leaves and stalks, Burnet leaves and flowers, Rosemary, red Sage, Taragon, Tormentil leaves, Rossolis, red Roses, Carnation, Hysop, Thyme, red strings that grow upon Savory, red Fennel leaves and roots, red Mints, of each one handful; bruise these herbs and put them in a great earthen pot, and pour on them as much white Wine as will cover them, stop them close, and let them steep for eight or nine dayes, then put to it Cinamon, Ginger, Angelica seeds, Cloves and Nutmegs, of each one ounce, a little Saffron, Sugar one pound, Raisins *Solis* stoned one pound, Dates stoned and sliced half a pound, the loins and legs of an old Coney, fleshy running Capon, the red flesh of the sinews of a leg of Mutton, four young Chickens, twelve Larks, the yolks of twelve Eggs, a loaf of white bread cut in sops, and two or three ounces of Mithridate or Treacle, and as much Bastard or Muscadine as will cover them all. Distill all with a moderate fire, and keep the first and second waters by themselves,

selves ; and when there comes no more by distilling , put more Wine into the Pot upon the same stuff , and distil it again , and you shall have another good water. This water must be kept in a double glass close stopt very carefully : it is good against many Infirmities , as the Droplie , Palsie , Ague , Sweating, Spleen, Worms, Yellow and Black Jaundies ; it strengtheneth the Spirits, Brain, Heart, Liver, and Stomach. Take two or three spoonfuls when need is by it self : or with Ale, Beer, or Wine mingled with sugar.

Dr. Atkinsons excellent Perfume against the Plague.

Take Angelica roots, and dry them a very little in an Oven , or by the fire : and then bruise them very soft , and lay them in Wine Vinegar to steep , being close covered three or four days, and then heat a brick hot, and lay the same thereon every morning : this is excellent to air the house or any clothes, or to breath over in the morning fasting.

To make Saffron Water.

Take seven Quarts of white Wine, and infuse in it all night one ounce of Saffron dried, and in the morning distill it in a Limbeck, or glass body with a head, and put some white Sugar-candy finely beaten into the Receiver for it to drop on.

Mr. Stepkins Water for the Eyes.

Take four ounces of white Rose water, and two drams of Tutia in powder, shake them well together in a glass vial, and drop of it a little into the Eyes evening and morning, it is very good for any hot Rheum.

A precious Water to revive the Spirits.

Take four gallons of strong Ale, five ounces of Aniseeds, Liquorish scraped half a pound, sweet Mints, Angelica, Betony, Cowslip flowers Sage, and Rosemary flowers, sweet Marjoram, of each three handfuls, Pelitory of the wall one handful. After it is for two or three days,

dayes, distill it in a Limbeck, and in the water infuse one handful of the flowers aforesaid, Cinamon and Fennel-seed, of each half an ounce, Juniper berries bruised one dram, Red-rose buds, roasted Apples, and Dates sliced and stoned, of each half a pound: distill it again, and sweeten it with some Sugar-candy, and take of Ambergreece, Pearle, red Coral, Harts-horn powdered, and leaf Gold, of each half a dram; put them into a fine linnen bag, and hang it by a thread in a glass.

*The Bishop of Worcesters admirably
curing Powder.*

Take black tips of Crabs claws when the Sun enters into *Cancer*, which is every year on the eleventh day of *June*; pick and wash them clean, and beat them into fine powder, which finely searce, then take Musk and Civet, of each three grains, Ambergreece twelve grains, rub them in the bottom of the Mortar, and then beat them and the powder of the Claws together; then with a pound of this powder mix one ounce of the magistery of Pearle. Then take ten skins of
Adders,

Adders or Snakes, or Slow worm, cut them in pieces, and put them into a pipkin to a pint and a half of Spring water, cover it close, and set it on a gentle fire to simmer onely, not to boil; for ten or twelve hours, in which time, it will be turned into a Jelly, and therewith make the said powder into balls. If such skins are not to be gotten, then take six ounces of shaved Harts-horn, and boil it to a Jelly, and therewith make the said powder into balls; the horn must be of a red Deer kil'd in *August*, when the moon is in *Leo*, for that is best. The Dose is seven or eight grains in beer or wine.

To make Spirit of Castoreum.

Take Calamints four ounces, Orange peels two ounces, Nep half a handful, Walnut blossoms half an ounce, Rosemary flowers, and tops of Sage, of each one handful, Castoreum one ounce, white Wine one quart; distil them in a Limbeck. This Water is good for swoounding fits, weak stomachs, and rising of the Mother.

A Water for the Stone.

Take a quart of clean pickt Strawberries, put them in a glafs, pour on them a quart of Aqua vitæ, let them stand and steep; and take two or three Spoonfuls of it morning and evening with fine Sugar, or white Sugarcandy. It will keep all the year. *Approved.*

To make Dr. Stephens Water.

Take a gallon of Claret wine or Sack, Cinamon, Ginger, Grains of Paradise, Gallingall, Nutmegs, Anniseed, and Fennel-seed, of each three drams, Sage, Mint, red Roses, Pellitory of the Wall, Wilde Marjoram, Rosemary, Wilde Time, Cammomile, Lavender, of each one handful: bruise the said spices small, cut and bruise the Herbs, and put all into the Wine in a Limbeck, and after it hath stood twenty four hours, distil it gently, and keep the first water by it self, and so the second.

For a Tetter.

Take water of red Tar, and wash it therewith. This is an approved remedy.

A special water for a Consumption.

Take a peck of garden shell Snails, wash them in small Beer, put them into a great Iron dripping-pan, and set them on the hot fire of Charcoals, and keep them constantly stirring till they make no noise at all; then with a knife and cloth pick them out, and wipe them clean, then bruise them in a stone Mortar, shells and all; then take a quart of Earth Worms, rip them up with a knife, and scoure them with Salt, and wash them clean, and beat them in the Mortar: then take a large clean Brasse pot to distill them in, put into it two handfulls of Angelica, on them lay two handfulls of Celandine, a quart of Rosemary flowers, of Betony and Agrimony, of each two handfulls; Bears-foot, Red dock leaves, the bark of Barberries, and Wood Sorrel, of each one handfull, Rice half a handfull, Funugreek and Turnerick, of each

each one ounce, Saffron dried and beaten into powder the weight of six pence, Harts-horn and Cloves beaten, of each three ounces; when all these are in the Pot, put the Snails and Worms upon them, and then pour on them three gallon of strong Ale; then set on the Limbeck, and paste it close with Rye dough, that no air come out or get in, and so let it stand one and twenty hours, and distill it with a moderate fire, and receive the several Quarts in several Glasses close stopt. The Patient must take every morning fasting, and not sleep after it, two spoonfuls of the strongest water, and four spoonfuls of the weakest at one time, fasting two hours after it.

*Syrup of Pearmains good against
Melancholly.*

Take one pound of the juyce of Pearmains, boil it with a soft fire till half be consumed; then put it in a glass, and there let it stand till it be settled, and put to it as much of the juyce of the leaves and roots of Borage, Sugar half a pound, sirup of Citrons three ounces, let them boil together to the consistence of a sirup.

Tincture

Tincture of Ambergreece.

Put into half a pint of pure spirit of Wine in a strong glass, Ambergreece one ounce, Musk two drams, stop the glass close with a cork and bladder, and set it in hot horse-dung twelve dayes; then pour off the spirit gently, and put as much new spirit on, and do as before, and pour it off clean: after all this, the Ambergreece will serve for ordinary uses. One drop of this Tincture will perfume any thing; besides it is a great Cordial.

Dr. Price, and M^r. Fenton the Chyrurgion, their excellent Medicine for the Plague after Infection.

Take as soon as you finde your self sick, as much Diascordium as the weight of a shilling, with ten grains of the powder called *Speciei de gemmis*, well mingled together; and streight after this let the party drink a good draught of hot posset ale made with Carduus Benedictus, Sorrel, Scabiosa, and Scordium, within eight hours after the first taking of it, the

the party must take the *Diascordium*, and *Posset* again as aforesaid, and in like sort the third time within eight hours after, but not above three times, nor the third time, if the party mend, after the first or second taking. Doctor *Price* doth commend much thereof to be taken for the kinde of cure for the *Plague* after one is infected: and Mr. *Fenton* the excellent Chyrurgeon, who hath much experience in the cure of the *Plague*, doth highly commend it as a thing in his own experience proved very good. The use of a root called *Sedour* is to be chewed in the mouth, still when one is in the company of such persons as are thought to be infected with the contagion: this Root is to be bought at the Apothecaries.

A Drink for the Plague or Pestilent Fever, proved by the Countess of Arundel, in the Year 1603.

Take a pint of *Malmsey* and burn it, and put thereto a spoonful of grains, being bruised, and take four spoonfuls of the same in a porringer, and put therein a spoonful of *Jean Treacle*, and

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give the Patient to drink as hot as he can suffer it, and let him drink a draught of the Malmsey after it, and so sweat: if he be vehemently infected, he will bring the Medicine up again; but you must apply the same very often day and night till he brook it; for so long as he doth bring it up again, there is danger in him: but if he once brook it, there is no doubt of his recovery by the Grace of God: provided then when the party infected hath taken the aforesaid Medicine and sweateth, if he bring it up again, then you must give him the aforesaid quantity of Malmsey and grains, but no treacle, for it will be too hot for him, being in a sweat. This Medicine is proved, and the party hath recovered, and the sheets have been found full of blue marks, and no sore hath come forth; this being taken in the beginning of the sickness. Also this Medicine saved 38. Commons of *Windsor* the last great Plague 1593. was proved upon many poor people, and they recovered.

A Syrup for a Cold.

Take Penniroyal half an ounce, raisins of the Sun stoned one ounce, half so much Liquorish bruised, boil them in a pint of running water, till half be consumed; then strain it out hard, and with sugar boil it to a pretty thick Syrup, and take it with a liquorish stick: *Oftens proved.*

An excellent Receipt for a precious water.

Take a pottle of the second water of Aqua Composita, of Balm, Betony, Pellitory of the Wall, sweet Marjoram, the flowers of Cowslip, Rosemary, and Sage, of each one handful, the seeds of Annise, Caroway, Coriander, Fennil, and Gromel, and Juniper berries, of each one spoonful, three or four Nutmegs, Cinamon one ounce, two or three large Mace; bruise all these, and let them lye ten dayes in steep in the Aqua Composita; set the glass in the Sun, and stir it well every morning, then strain it, and put to it three quarters of a pound of fine Sugar, one grain

of Ambergreese, and two grains of Musk.

To make an excellent Syrup of Citrons or Lemons without fire.

Take Citrons, or Lemons, as many as you will, pare off their rindes, then slice them very thin; then put into a silver, or glass bason, a thick lay of fine sugar, and upon that the slices of Citrons or Lemons, and lay after lay of sugar, and the other, till the bason be near full, let it stand all night covered with a paper, the next day pour of the Liquor into a glass through a Tiffany strainer; be sure you put sugar enough to them at the first, and it will keep a whole year good, if it be set well up.

A Salve for the eyes, made by Sir Edward Spencer.

Take new Hogs greese tried and clarified two ounces, steep it six hours in red Rose water, after wash it in the best white Wine, wherein Lapis Calaminiaris hath been twelve times quenched: it will take a pottle of white Wine, for the

the Lapis Calaminaris will waste it by often quenching, a piece of the Lapis as big as a Turkey Egg will serve; when the grease is well washed, adde to it one ounce of Lapis Tutia prepared, of Lapis Hematites well washed, two scruples, Aloes Succotrina, twelve grains, Pearle four grains; all these must be prepared and made into fine powder, put to it some red Fennel water, and make it into a Salve. If the eyes be very ill, put into each corner of them as much as a pins head of this Salve; and if the eyes be exceeding sore, anoint therewith onely the Eye-lids. As the Salve drieth, put to it red Fennel water to keep it moist.

For the Small Pox or Measles.

Take an ounce of Treacle, half an ounce of set Wall cut small, a penniworth of Saffron ground small; mix them, and take thereof in a morning upon a knives point as much as you can take up at twice or thrice, three mornings together.

A very good Glyster for the winde.

Take Mallow leaves, Cammomile, Mercury, Pelitory of the Wall, Mugwort, and Penniroyal, of each a small handful, Melilot and Cammomile flowers, of each half a handful, of the seeds of Annise, Caroway, Cummin and Fennel, of each one quarter of an ounce, Bayberries, and Juniper berries, of each three drams; boil all these in three pints of clear posset ale to twelve ounces, and use it warm.

The Kings Medicine for the Plague.

Take a little handful of Herb-grace, as much of Sage, the like quantity of Elder leaves, as much of red Bramble-leaves, stamp them altogether, and strain them through a fair linnen cloth, with a quart of white wine, and a quantity of white wine Vinegar, and a quantity of white Ginger, and mingle all together; after the first day you shall be safe four and twenty dayes: after the ninth day a whole year by the grace of God; and if it fortune that one be stricken with
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the Plague before he hath drunk the Medicine, then take the aforesaid with a spoonful of Scabiosa, and a spoonful of Betony water, and a quantity of fine Treacle, and put them together, and cause the Patient to drink it, and it will put out all Venome: and if it fortune that the botch appear, take the leaves of red Brambles, Elder leaves, and mustard seed, stamp them together, and make a plaister thereof, and lay it to the sore, and it will draw out all the Venome, and the person shall be whole by the Grace of God.

*A Medicine for the Plague that the Lord
Major had from the Queen.*

Take of Sage, Elder, and red Bramble leaves, of each one little handful; stamp and strain them together through a cloth with a quart of White Wine, then take a quantity of white wine vinegar, and mingle all these together, and drink thereof morning and night a spoonful at a time nine dayes together, and you shall be whole. There is no Medicine more excellent then this, when the sore doth appear, then to take

a Cock Chick and Puller; and let the Rump be bare, and hold the Rump of the said Chick to the fore, and it will gape and labour for life, and in the end dye; then take another, and the third, and so long as any one do dye: for when the poyson is quite drawn out, the Chick will live, the fore presently will assuage, and the party recover. Mr *Winlour* proved this upon one of his own Children; the thirteenth Chick dyed, the fourteenth lived, and the party cured.

Lord Treasurers Receipt for an Ague.

Take a quantity of Plantain, shred it and double distil it, and take six or eight spoonfuls of the Water, with as much Borage-water, with a little Sugar, and one Nutmeg; and drink it warm in the cold fit, by Gods help it will cure you.

For Rheume in the Eyes.

Take one spoonful of Commin-seed finely beaten, and boil it in Verjuyce till half be consumed, put to it

it some course wheat bran, and boil it till it be dry, then put it in a small linnen bag, and lay it to the nape of the neck so hot as you can endure it, and it will draw the Rhume away.

*To break the Stone, and bring away
the Gravel.*

Take the inner bark of red Filbert-tree, and shave a good handful of it, and take as much Saxifrage, and steep them in a quart of Ale or white Wine, and drink a good draught thereof nine mornings together fasting.

*A cordial Water in the time of Infection,
by Sir Thomas Mayner.*

Take the juyce of green Walnuts shells and all two pound, the juyces of Balm, Cardus Benedictus, and Mari golds, of each three pounds, roots of great Docks half a pound, Butchers broom roots and all, three quarters of a pound, Angelica and Masterwort, of each three ounces, Scordium leaves two handfuls, Treacle Venice and Mithridate, of each four ounces, Canary Wine three pints, juyce of Lemons one pint.

digest these in a glass body two dayes close stopt, then put on a glass head, and distill it, and when it is half distilled, strain that which is left in the glass through a linnen cloth, and distill it till it grow thick as honey, which put into a Gally pot, and give some of it in the time of Infection on a knifes point. The distilled water is also good for the same purpose.

China broth for a Consumption.

Take an ounce of China root chipped thin, and steep it in three pints of water all night on embers covered, the next day take a Cock chicken deplumed and exenterated, and put in its belly Agrimony, Maidenhair, of each half a handful, Raisins of the Sun stoned one good handful, and as much French barley; boil all these in a pipkin close covered on a gentle fire for six or seven hours, let it stand till it be cold, strain it, or let it run through a Hypocras bag, and keep it in a glass for your use. Take a good draught of it in the morning, and at four a clock in the afternoon.

A comfortable Bag for the Stomach.

Take Balm, Wormwood, Rosemary, Spearmints, sweet Marjoram, Winter savory, of each half a handful, dry them between two dishes on a chafing-dish of coals, sprinkling them often with good Vinegar; when they are well dried, put to them some crumbs of bread, Cloves, Cinamon, and Nutmeg beaten to powder; put them in a fine linnen bag, quilt it, and lay it warm to the stomach.

To encrease Womans Milk.

Bruise Fennel seed, and boil them in Barley water, and let the Woman drink thereof often.

To expell Winde.

Take a handful of Groundswel stripped downwards, as much of sage, and a quarter of a pound of currans, boil these in a pint of Ale, and drink it.

For the Piles:

Take white Lead finely scraped one dram, burnt Allum two drams, temper them with hogs lard and plantain-water, and therewith anoint the grieved place.

For a Thrush, or Canker in the Mouth.

Take two spoonfuls of clarified honey, and put a piece of Allum between red hot tongs, and hold it till it drop into the Honey, and therewith dress the mouth often, until it be perfectly cured.

A green Oyntment good for Bruises, Swellings, and Wrenches in Man, Horse, or other Beast.

Take six pound of May Butter unfaked, Oyl Olive one quart, Barrowsgrease four pound, Rosin, and Turpentine, of each one pound, Frankincense half a pound: then take these following Hearbs, of each one handful: Balm, Smallege, Lovage, Red Sage, Lavander, Cotten, Marjoram, Rosemary, Malloes, Cammomile, Plantain, Alheal, Chick-

Chickweed, Rue, Parsley, Comfrey, Laurel leaves, Birch leaves, Longwort, English Tobacco, Groundswel, Woundwort, Agrimony, Briony, Carduus Benedictus, Betony, Adders Tongue, Saint Johns-wort; pick all these, wash them clean, and strain the water clean from them. These hearbs must be gathered after Sun rising. Stamp them very small in a stone Mortar, then beat the Rosin and Frankincense to powder, and melt them alone; then put in the Oyl, Butter, and Hogs grease, and when all is well melted, put in the Hearbs, and let them boil half a quarter of an hour: then take it off the fire, and scum it very clean a quarter of an hour, and when it is off the fire, put in the Turpentine, and two ounces of Verdigrise, stir it well, or else it will run over, and so stir it till it leave boiling; then put it in an earthen pot, which stop very close with a cloath, and a board on the top, and set in an Horse Dunghil one and twenty dayes; and take it out and put it into a Kettle, and let it boil a little, taking heed that it boil not over: then strain it through a course cloath, and put to it half a pound of Oyl of Spike,

Spike, and cover the pot close till you use it. When you have any occasion to use it, warm it a little for a cold cause, and anoint the place grieved. Mix this Oyl with the like quantity of the Oyl of Bayes, when it is for a Melander in a Horse, or a dry Itch in a Horse or Mare; then take Quick-silver, and beat it often with fasting spittle, till it be killed and look black, and take a quart of Comfrey to the quantity of Quick-silver, to which put thrice so much of the said Oyl; beat all well together, and use it. For a man it must be well chafed in the Palme of the hand three or four times. If you use it for a Horse, put to it Brimstone finely beaten, and work it altogether, as aforesaid.

*An excellent Sear-cloth for a Wound,
Bruise, or Ache.*

Take a pint of Oyl Olive, four ounces of Unguentum Populeon, the Oyls of Cammomile and Roses, of each one ounce, Virgins Wax three ounces, Red Lead in powder eight ounces; boil these together, continually stirring them, till they will stick to a cloth, which

which is enough, then wet your clothes in them, and hang them up to dry. The best time to make it is in *March*.

*Dr Reads Perfume to smell against
the Plague.*

First take half a pint of red Rose water, and put thereto the quantity of a hazle Nut of Venice Treacle or Mithridate, stirring them together till they be well infused, then put thereto a quarter of an ounce of Cinamon broken into small pieces, and bruised in a Mortar, twelve cloves bruised, the quantity of an hazle Nut of Angelica root sliced very thin, as much of Setwal roots sliced, three or four spoonfuls of White Wine Vinegar; so put them altogether in a glass, and stop it very close, and shake it two or three times a day together, so keep it to your use; when you wet the sponge, shake the glass: in the Winter you may put to it three or four spoonfuls of Cinamon water or Sack.

A Perfume against the Plague.

Divers good Physicians opinions are, that to burn Tar every morning in a chafing-dish of coals is most excellent against the Plague; also put in a little Wine Vinegar to the Tar. It is most excellent and approved.

Sir Edward Tertiles Salve, called the chief of all Salves.

Take Rosin eight ounces, Virgins Wax and Frankincense, of each four ounces, Mastick one ounce, Harts Suet four ounces, Camphire two drams; beat the Rosin, Mastick, and Frankincense in a Mortar together to fine powder; then melt the Rosin and Wax together, then put in the powders: and when they are well melted, strain it through a cloth into a pottle of White Wine, and boil it together, till it be somewhat thick; then let it cool, and put in the Camphire and four ounces of Venice Turpentine drop by drop lest it clumper, stirring it continually, then make it up into Rolls, and do with it to
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the pleasure of God, and health of man.

The Vertues and use of it.

1. It is good for all Wounds and Sores, old or new, in any place.
 2. It cleanseth all Festers in the flesh, and heals more in nine dayes, then other salves cure in a moneth.
 3. It suffers no dead flesh to ingender, or abide where it comes.
 4. It cureth the Head-ache, rubbing the Temples therewith.
 5. It cureth a salt steame Face.
 6. It helpeth Sinnewes that grow stiff, or spring with labor, or wax dry for want of blood.
 7. It draweth out rusty Iron, Arrow-heads, Stubs, Splints, Thorns, or whatsoever is fixed in the flesh or wound.
 8. It cureth the biting of a mad Dog, or pricking of any venemous creature.
 9. It cureth all Felons, or white flaws.
 10. It is good for all festering Cankers.
 11. It helpeth all Aches of the Liver, Spleen, Kidneys, Back, Sides, Arms, or Legs.
 12. It cureth Biles, Blanes, Botches,
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Impostumes, Swellings, and Tumours in any part of the body.

13. it helpeth all aches and pains of the Genitors in man or woman.

14. It cureth Scabs, Itch, Wrenches, Sprains, Strains, Gouts, Palsies, Drop-sies, and waters between the flesh and skin.

15. It healeth the Hemorrhoides, or Piles in man or woman.

16. It cureth the bloody Flux, if the belly be anointed therewith.

17. Make a Sear-cloth thereof to heal all the abovesaid Maladies, with very many other, which for brevity sake are omitted.

A Restorative Broth.

Take a young Cock or Capon, flea it, and cut it in four quarters, take out the bones and chop the flesh somewhat small, put it into an earthen pot of three quarts with a close cover, and pour on it a quart of good red wine, and a pint of red Rose-water, and put to one handful of Currans, ten Dates stoned and cut small, of Rosemary flowers or leaves, and Borage, of each half a handful, then
close

close on the cover of the pot very fast, and set the said pot in a big brasse pot of water, and let it boil five or six hours, taking heed that the water in the brasse pot get not into the other pot: when it is well boiled, let it cool leasurely in the brasse pot, and then bruise all with a ladle, and strain out the liquor, whereof take morning and evening four or five spoonfuls blood warm.

For the Piles.

Take one spoonful of white dogs turd, as much white Frankincense, and twenty four grains of Aloes, beat them fine and searce them, then take one spoonful of honey, the yolk of an egg, and as much oyl of Roses as will make it to an ointment, mingle them well together, and anoint the grieved place; if the sore be inward, wet a Tent of lint in the ointment, and put it into the Fundament, and spread some of the ointments on a cloth, and put that on it. This is a present remedy.

For

For a sore Throat.

Mingle burnt Allum , the yolk of an Egg , powder of white Dogsturd , and some Honey together ; tye a clout on the end of a stick wet in this mixture, and therewith rub the throat : or mix white Dogsturd and Honey , spread it on sheeps leather , and apply it to the Throat.

To void Phlegm from the Head, Lungs, or Stomach.

Mix Pelitory roots and Mustard together, and hold it in the mouth, and it will draw out much Phlegm from the Head ; but if you boil Pelitory roots, Hyfop and Mustard in Wine and Vinegar, and gargle the Throat with it , it will cleanse the Lungs and Stomach perfectly.

The Lady Drury's Medicine for the Cholick, Proved.

Take a turfe of green Grasse , and lay it to the Navil , and let it lie till you

you finde ease, the green side must be laid next to the belly.

*A Medicine for one thick of Hearing.
Proved.*

Take the Garden Dastie-roots, and make juyce thereof, and lay the worst side of the head low upon the bolster, and drop three or four drops thereof into the better Ear; this do three or four dayes together.

An excellent drink for the Stone.

Take Sussafras and Suffaparilla, of each two ounces shaved small, China root and Tormentil roots, of each one ounce sliced small, Liquorish half a pound beaten, Anniseed four ounces bruised; steep all these in three gallons of running water for twelve hours, then put to them these simples following, picked and washed, viz. Columbine, Lady mantle, Marsh Mallow, and Moul-ea-roots slit, Hearb Robert, Ribwort, Sanible, Scabious, Agrimony, Colts-foot and Betony, of each two handfuls; boil all these together on a soft fire, till one gallon be consumed, then strain it

it out, and keep the liquor in a glass close stopped, then take all what remains in the strainer; put it into the pot again, and pour thereon two gallons of running water, and boil them till half the Liquor be consumed, then strain it out, and put both liquors together, set them on the fire, and put a quart of White Wine to it, and let it boil a while gently and scum it clean, then take it off the fire, and put to it half an ounce of Rhubarb slit, and two ounces of good Sena leaves, and stir them well together, and cover the pot close to keep in the heat, and let it stand all night, and in the morning stir it well, and cover it again, and so let it stand four dayes. Take of this Liquor in the morning fasting, four a clock in the afternoon, and after supper at bed time; at each time the quantity of six ounces, and so used it must be till you feel ease.

*To preserve a Woman with Childe
from miscarriage.*

Put a few Cloves and Cinamon, with a sprig of Baulm and Rosemary into a pint of Claret Wine, and burn it

it altogether, then beat the yolks of six new laid eggs, and put them into the Wine on the fire; then take the Cock-treading of twelve eggs, and the white of one egg, and beat them to an Oyl; take off the white froth from it, and put this Oyl into the Wine, and brew all well together with as much powder sugar as will make it of an indifferent sweetness: whereof let the said woman take four spoonfuls at a time, when she feeleth any pain to begin in her back or belly.

*To make Childrens Teeth come with-
out Pain. Proved.*

Take the head of a hare boild or roasted, and with the brains thereof mingle honey and butter, and therewith anoint the childes gums as often as you please.

*Dr. Mays Juice of Liquorish to stay Rheum
and preserve the Lungs.*

Take six little handfuls of the tops of Hyfop, Rosemary flowers one little handful, of the leaves of Coltsfoot, four little handfuls, stamp and take the
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juyce of them, and put to it a pint of Hyfop-water, or running water; unto all these put four ounces of Liquorish finely beaten and searsed, then set it on the fire, and boil it till it be as thick as cream, then strain it through a fine strainer, and set it again to the fire, and stir it continually till it boil, and put into it boiling four ounces of Yellow Sugar-candy; let it boil till it rise from the bottom, which stirring, and when you may handle it, make it up in Cakes and Roles as you please.

To kill a Felon quickly.

Take a little Rue and Sage, stamp them small, put to it Oyl of the white of an Egg, and a little Honey, and lay it to the sore.

A Remedy for the pain in the Stomach.

Take a pottle of white Wine, eight ounces of Currans, and four ounces of Elicampane-roots sliced, a sprig of Marjoram and Spearmint; boil all these together till the Currans be soft, adding to it one spoonful of sweet Fennel-seed,

seed bruised. Drink of the liquor every morning fasting, at four a Clock in the afternoon, and when you go to bed the quantity of six spoonfuls. While you drink this, apply to your stomach one spoonful of Conserve of Roses, two penniworth of Mithridate, Cinnamon, Cloves, and Nutmegs, of each one spoonful, and a penniworth of Saffron, mix these together with Rose-water and Wine Vinegar, and put them in a Linnen Bag, and warm it, and lay it to the Stomach.

To cure Diseases without taking any thing at the Mouth.

Take one pound of Aloes Hepatica, Myrrhe four ounces, both beaten very fine, *Aquavite* and Rose-water, of each one pinte; after one nights infusion distil them in Sand twenty four hours very softly, and in the end make a great fire, and there will come a Ballome, wherewith if you rub the Stomach with a warm cloath dipped therein, it will purge Phlegm and Choler, and all Worms which infect the brain, and breed the Falling sickness, it expelleth corrup-

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ruptions of the Stomach, it helps digestion and appetite, it expurgeth all dross in the bottom of the Stomach, it cureth the Gout being mixed and well beaten with *Aqua Vita*, and applied warm to the Gouty place, and left long on it.

To break the Stone.

Take Cammock roots, dry them in an Oven, beat them to powder, searse it and put as much thereof as will lie on a goate into half a pint of White Wine, half a sliced Lemon, a top or two of Rosemary, and some Sugar, let them lie in steep all night, in the morning stir them well together, and drink it off, and walk thereupon a good while. Use this three or four mornings together, and it will make the Stone break, and void away in gravel: but if the Kidneys be ulcerated, then use the Medicine following, viz.

To help Ulceration in the Kidneys.

Take two drams of China-root sliced small, Golden Rod, Maiden-hair, Pauls Be.

Betony, Moufear, Agrimony, Comfrey, Scabious, Bugle, red Bramble leaves, Pelitory of the Wall, Marsh Mallows, and Plantain, of each half a handful, then take one spoonful of French Barley, a stick of Liquorish sliced small, one handful of Raisins of the Sun stoned; boil all these softly in a pottle of running water to a quart, then take it from the fire, and put to it two ounces of Conserve of red Roses, stir them together, and let it run through a fine cloth, and keep it close stoppt in a glass, and drink thereof blood-warm every morning and evening twelve spoonfuls at a time, for two, three, or four weeks, more or less, as you see occasion, and finde ease or pain.

A Special Medicine for one that cannot swallow, although no inward Medicine can be taken for it.

Take the foiling of a Dog that is hard and white, powder it, and mingle it well with English Honey, spread it thick upon a linnen cloth, and hold it to the fire, and lay it all over the Throat down to the Channel bone, use fresh morning and evening, binde it hard to, and by Gods grace it will help.

To draw up the Uvula.

Take a new laid Egg, and roste it till it be blue, and then crush it between a cloth, and lay it to the crown of the head, and once in twelve hours lay new till it be drawn up.

A Purge for Children or Old men.

Take one spoonful of Spirit of Tartar prepared, with Sugarcandy and Rose water, put it in a little broth, and give it either of them; it purgeth gently, it comforts the heart, and expelleth Phlegm and Melancholly.

For a Noli me tangere.

Take the Herb called Turnsol, cut it in small pieces, and put it in a bottle, and pour so much *Aqua vite* on it as will cover it four fingers, stop the bottle, and set it in the Sun ten dayes, and in the night in the Chimney corner, but not too near the fire; then pour of the *Aqua vite*, and keep it close, then calcine the dregs remaining in the bottle
be

between two calcining pots well luted, which will be done in a day, then put the calcined ashes into the said *Aqua vite*, and they will all dissolve. Keep this as a great Treasure, and give one spoonful thereof to the party fasting, in white Wine, and wet a cloth in the said Liquor, and binde it on the sore place, and without fail it will dry it up. It helpeth also those that are troubled with the Gravel and Stone, given as aforesaid with white Wine: and it is very excellent for those that have the Drop-sie, Palsie, or are taken with a Quartane Ague.

*To make the Face fair, and for a
stinking Breath.*

Take the flowers of Rosemary, and see the them in white Wine, with which wash your face; if you drink thereof, it will make you have a sweet breath.

*For heat in the Face, redness and shining of
the Nose.*

Take a fair linnen cloth, and in the morning lay it over the grasse, and draw it

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over till it be wet with dew, then wring it out into a fair dish, and wet the face therewith as oft as you please: as you wet it let it dry in. *May dew* is the best.

An excellent Oyl to take away the Heat and Shining of the Nose.

Take twelve ounces of Gourd-seed, crackle them, and take out the kernels, peel off the skin, and blanch six ounces of bitter Almonds, and make an Oyl of them, and anoint the place grieved therewith: you must alwayes take as much of the Gourd-seed as of the Almonds; use it often.

For Heat or Pimples in the Face

Take the Liverwort that groweth in the Well, stamp and strain it, and put the juyce into Cream, and so anoint your face as long as you will, and it will help you. *Proved.* Also the juyce of Liverwort drunk in beer warm, is good for the heat of the Liver.

To take away Hair.

Take the shells of fifty two Eggs, beat them small, and still them with a good fire, and with the water anoint your self where you would have the hair off: Or else Cats Dung that is hard and dried, beaten to powder, and tempered with strong vinegar, and anointed on the place.

Dr. Friers Receipt for sweating in the face.

Take a little handful of Penniroyal, and as much Cinquefoil, and see the them in white Wine or Vinegar; if you take Vinegar, put a little to it when it is sodden; this done you must hold your head over it, and cast a sheet over your head and keep in the air close as long as you can endure it, and so ten or twelve times a day.

*An approved Medicine taught by Dr.
Blacksmith for the Cough.*

Take the roots of Folefoot, and dry them in an Oven, and powder them,
E 4 then

then heat a Tile red hot , and strew it thereupon, then set the bottom of a tunnel upon it, and let the patient receive the same morning and evening.

*An approved Medicine for the same , by
Doctor Blacksmith.*

Take a pint of Hyssop-water , and a quarter of a pound of Sugar-candy , a spoonful of Anniseed bruised, and a small stick of Liquorish sliced and bruised, put them together , and let them stand all night , boil it a quarter of an hour upon a fire : then strain , and take of it two or three spoonfuls at a time warm ; you may take it at any time , best at night when you go to bed , or in the morning.

*For the Kidneys swoln with cold , or other
Accident.*

Take the Oyls of Roses and Quinces, of each two drams , and warm them in a saucer or porringer, and anoint the place therewith against the fire , lest you take cold in the doing of it.

A Vomit for an Ague.

Take blue Lilly-roots sliced small and bruised, and steep it in as much Vinegar as will cover them, and when the Patient feels his fit coming, let him drink a draught of it in Ale, and keep him very warm while it worketh.

A restorative Bag for a cold or windy Stomach.

Take Rose 'eaves, Rosemary tops, and flowers, red Mints, and Borage flowers, of each one handful, warm them in a platter on a chafing-dish of coals, and ever as you stir it, sprinkle it with Sack and Rose water; and when it is as hot as can be, put it in a cloth or silk bag, and lay it to the bottom of the Stomach, as hot as can be endured, and keep your self from studying or musing, and it will comfort very much.

A Drink for cold Rhumes or Phlegms.

Take the Roots of Fennel, Comfrey, Parsley, and Liverwort, Harts-tongue,
E 5 Moulear,

Mouſear, Horehound, Sandrake, Maiden-hair, Chynquefoil, Hyſop, Bugloſs, and Violet leaves, of each one handful, waſh and dry them very clean, Raiſins of the Sun eight ounces, Annifeeds four drams, Liquoriſh two drams, Elecampane-root two drams, half a pint of Barley waſhed and bruised; boil theſe in a pottle of fair water, until half the liquor be conſumed, ſtrain it, and put to it one quart of White or Reniſh Wine, and one ounce of Sugarcandy, and boil it again till half be conſumed take it from the fire, and when it is cold put it into a clean glaſs, and drink thereof every morning and evening a draught firſt and laſt, and by Gods grace it will make you well and ſound. Approved.

For Rhume in the Throat.

Make a Cap of brown paper, perfume it with Frankincenſe, and apply it hot to the head, then take the hard Eggs, and lay them hot to the Nape of the Neck, and anoint the Throat with Oyls of Rice and ſweet Almonds, and lay your ſelf to ſweat, and after ſweating, mix Mell Roſarum,
Syrup.

Syrup of Mulberries, Plantain water together; and gargle the throat therewith. In want of the said Syrup use Woodbin water.

A Remedy for the Stone.

Take a quart of Milk, Ale, and white Wine, of each four ounces, make them into a clear Posset drink, the curd taken off; to which put Parsley-roots, Mal-low leaves, and Pellitory of the wall, of each one handful, Water-Cresses one handful and a half, all small shred, two sprigs of Time, and Liquorish one ounce bruised, boil all together to the consumption of a quart, and take a draught thereof in the morning, or at any time before meat, sweetened with sugar to your taste.

A Broth for the Cough of the Lungs devised by Dr. Brasdale, Dr. Atkinson, and Dr. Fryer for the Lord Treasurer.

Take one paper of the prepared China Roots, and steep it in six pints of fair water three hours, then boil it unto three pints in an earthen pipkin, then
boil

boil a Chicken, and one ounce of French Barley together in a Pipkin six or seven Walmes, and scum it, then put away the water, and put the Barley and the Chick to the China, with the China in the paper a little green Endive, twenty Railins of the Sun stoned, a little crust of Bread, and a little Mace, boil them together unto a pint and half, strain it, and let the party drink every day two draughts thereof, one in the morning fasting, and another at four a clock in the afternoon: use it as often as you see cause.

For a Burning or Scalding.

Take Alehoof one-handful, the yolk of an Egg, and some fair water, stamp them, and strain it, and therewith wash the grieved place till the fire be out.

Or boil some Alehoof and Sheeps Suet together with Sheeps Dung and Plantain leaves, till they come to a salve, and apply it.

To procure Sleep.

Eruise a handful of Anniseeds, and steep

steep them in red Rose-water, and make it up in little bags, and binde one of them to each Nostril, and it will cause sleep.

To sharpen a sick mans Appetite, and to restore his Taste.

Take Wood or Garden Sorrel one handful, and boil it in a pint of white wine vinegar till it be very tender, strain it out, and put to it Sugar two ounces, and boil it to a Syrup, and let the Patient take of it at any time.

A comfortable Zuleb for a Feaver.

Take Barley-water and White Wine, of each one pint, Whey one quarr, put to it two ounces of Conserve of Barberries, and the juices of two Lemons, and two Oranges. This will cool and open the body and comfort it. If the Feaver be extream hot, take two white salt Herrings, slit them down the back, and binde them to the soles of the feet for twelve hours. In want of Herrings, take two Pigeons cut open, and so apply them.

*A Receipt of the Right Honourable
the Lord Sheffield, for the
Cough of the Lungs.*

Take of the distilled water of sweet Horehound one pint, and adde thereto to make a syrup three quarters of a pound of fine white Sugarcandy finely beaten, mix these well together, and set them upon a quick Charcoal fire, then take some of the best English Liquorish, clean scraped and sliced, and put into it, and let it boil in the said Syrup; and when it seems half boiled, take three grains of Ambergreece reasonable well bruised, and put it into the Syrup, and let it boil altogether, but let any scum that riseth upon it be taken away before: you must have a care that it boil not with much heat by often cooling some of it with a spoon; when it comes to a little thickness, being cold, it is boiled sufficiently, else will it be all candy and not syrup, while it is hot it must be strained through a fine cloth that is clean, before it be put in a glass.

For a Cough or stuffing in the Stomach.

Take Hyfop water one pint, Muscadine one quart, four races of Ginger, and as much liquorish sliced, two penniworth of Sugercandy in powder, put all into a glass, and stop it close, and shake them well together, and let it intermix twenty four hours, and drink thereof morning and evening.

A Plaister for the Cholick.

Take Cammomile, Rue, Sage, and Wormwood, of each one handful, Wheaten bran half a handful, cut the herbs small, and boil all in good Vinegar till the Vinegar be consumed, then put it into a linnen bag, and lay it to the pained place as hot as can be endured, and when it is cold warm it again, and use it daily till you be well.

For the Rising of the Mother.

Take Columbine-seed, and Parsnip-seed, of each three spoonfuls; beat them to fine powder, and boil them in a
quart

a quart of Ale to a pint, seething with it one handful of Sage cut small, strain it, and drink it off warm every morning and evening; especially when you feel pain. And take two ounces of Galbanum, spread it upon a cloth, and lay it upon the womans Navil.

A Drink for the Dropsie.

Take Polopodie of the Oak six ounces, Guajacum one ounce, the Bark of Guajacum three ounces, Sassafras four ounces, Sena six ounces, Anniseed three ounces, Epithymum, Stechados, of each half an ounce, Raisins of the Sun stoned, eight ounces, Hermodactyles, three ounces, Agarick, Rhubarb, China root, of each half an ounce, Liquorish four ounces; put all these to steep a whole night in two gallons of Ale, and six quarts of strong Wine, in the morning boil them two hours and a half, the pot being close stoppt, then strain it being cold, and give the Patient thereof three times a day, half a pint at a time, viz. at six in the morning, and at nine after that, and at three in the afternoon. Boil the remnant in the strain-

Strainer in strong Ale as before, and drink this second liquour at meals as often as you will. You must keep a drying diet of roast meat every day, and sup sometimes, but drink no other liquors whatsoever but these two.

For a Tympany or Water in ones Body, and for the fulness of the Stomach.

Take red Fennil and still it, and take thereof in the morning fasting a spoonful or two, and in the evening or any time of the day, when you feel your self not well: by Gods Grace this will help you.

For a Stich in the Side, proved.

Take a pretty quantity of Oats, and boil them in Sack, till they have dried up the sack, and then put them in a cloth, and lay it as hot as you can endure it to your side, and this will help.

A Receipt of Herbs that are to be boiled in Broth, according to Dr. Atkins opinion.

Take Tamarisk, Lettice, Borrage,
Bug-

Bugloss, Rosemary tops, sweet Marjoram, Time, Succory, Parsley, and Fennil, of each a pretty quantity, and when the body is costive, leave out some hearbs, and put in onely Tamarisk, Borage, Bugloss, Lettice, Succory, Parsley, Fennil, Betony.

Another by Mr. Francis Cox.

Take the Roots of Sparagus and Eringoes, of each three or four, cut off the length of a finger, and sliced, Maiden-hair, Tamarisk, Harts-tongue, of each like much, Betony twice as much as any of the rest, binde these and the roots together, take also large whole mace two or three flakes, a quarter of a Nutmeg quartered; take then a young Cock, dress him, and slice him, and cut his flesh, and so boil him until he be sod all to pieces, but let not the Hearbs boil too long in the broth, but when they have given a pretty taste to it, take them out, and let the rest boil till the Chick be all in pieces; then beat the Flesh of him with Dates in a stone Mortar, and strain it with the liquor, until you have all the taste

taste thereof in the liquor, then clarifie this broth with whites of Eggs as you do a Jelly, and then use it; this broth will strengthen the back, and have respect to the Spleen.

A Preservative against the Plague.

Take one handful of Roses, Betony, and small Fellon, two handfulls of Scabious, of Dragon, Sage, Sorrel, Rue, Bramble leaves, and Elder leaves, of each one handful, Bole-Armoniack as big as an apple, Saffron the weight of eight pence, yellow Sanders one ounce, Sugar-candy two ounces, all beaten into powder; distil these together, take three spoonfulls thereof, and of Treacle or Mithridate the quantity of a bean, and mingle it with the water, and drink thereof when you are faint.

Oxymel Compositum,

Take pure Honey a pottle, white Wine Vinegar a pint and a half, five Parsley, five Fennel, five Smallige roots the pith taken out, the roots of Knacholm two ounces, Sparagus one ounce, Smallage

lage seed four ounces, shred the roots, and bruisse the seeds, and steep them in three quarts of Conduit water for four and twenty hours, and after boil it all to one quart, strain it, and adde the Honey clarified and boil it therein, then put to the Vinegar, and let it boil gently to the thickness of a Syrup, one spoonful whereof taken every morning fasting, cutteth and divideth all gross humours, it purgeth the Liver, Spleen, Reins, and opens all obstructions, it moveth Urine, and provoketh sweat.

*A Purging Dyet-drink, the Proportion
for four Gallons.*

Take Sarsaparilla four ounces, Sena six ounces, Polypodie of the Oak six ounces, Rhubarb twelve drams, Sassafras roots two ounces, Agarick one ounce, Sea-Scurvey-grass a peck, Fennel, Caraway and Anniseed, of each half an ounce, Cloves and Ginger, of each one ounce, wilde Radish, and white Flower de Luce roots, of each two ounces, Water-cresses, and Brook-lime, of each eight handfuls, slice such of these as are to be sliced, and

and beat those that are to be beaten in a Mortar, and put them in a Canvas bag, and let it stand eight dayes in a Rundlet of four gallons of ten shillings Beer, a little lower then the middle of the Beer, and so tun it. Take thereof in the Spring and Fall three or four dayes together in manner following, every morning at six a clock fasting, take half a pint cold, and use some exercise after it till you be warm, and fast till nine a clock; then take such another draught, and fast one hour after it, then take some thin warm broth, and keep a good diet at meals, eating no Sallads or Flegmatick meats; after dinner at three a clock take thereof another half pint, thus do for three or four dayes in the same manner. This will purge gently, clear the blood and inward parts, and prevent diseases. If you please you may put to the abovesaid Ingredients two handfuls of Maiden-hair.

*The Countess of Worcesters Medicine for
the Green Sicknes. Approved.*

Take a pint of Malsey, and 2 handfuls of Currans clean washed, and put them together

gether, also take a little Wormwood, and a little crop or two of red Mint, either green or dried, and lay it in the Malmsey over night, and in the morning eat a spoonful or two of the Currans fasting, and walk after it, eating nothing in an hour; use this twelve dayes together, and if you shall see cause, also take Wormwood and warm it between two Tyles, and put it in a cloth, and lay to the stomach when you go to bed, and so fresh every night. Proved by the Lady Worcester.

A Diet Drink for a Fistula, or for a Body full of gross Humors.

Take Sarsaparilla, Sassafras, the Wood and Bark of Oak root, of each four ounces cut small, Agrimony, Colts-foot, Scabious, of each four handfuls, Marsh Mallow Roots half a handful, Betony, Ladies Mantle, Sinacle, Columbine roots, of each one handful, shred the Herbs and Roots small, and boil them all in three gallons of Spring water, or two gallons, then strain them through a Cullender, and put thereto one gallon of clear water, and boil it to

a gallon and an half, and strain it again till all the moisture be out; put thereto a pottle of good white Wine, and a pint and a half of good Honey, and boil it softly, scum it very clean, take it off the fire, and put to six drams of Rhubarb sliced small, and two ounces of Sena, and keep it in a stone vessel close covered, and drink thereof at five a clock in the morning, and at four a clock in the afternoon till half of it be wasted; afterwards let the Patient drink thereof every morning a draught, and dress the Fistula with the green salve, and this will cure it.

When this Drink is made as above-said, let it stand three dayes, onely shaking it together twice or thrice a day. It is fit to be drunk at three dayes end. In the time of taking it, all fish, white meats, fruit, wine, anger and passion must be avoided.

For one that hath no speech in Sicknes.

Take the juyce of Sage, or Pimpernel, and put it in the Patients mouth, and by the grace of God it shall make him speak.

AWa-

*A Water good for Lightness of the Head,
and the aforesaid.*

Take the flowers of single White Primroses, and still them, and drink of the water, and that is good for the lightness of the head; and for bringing of the speech again, mingle therewith the like quantity of Rosemary-flower water, and Cowslip-water, and the same will restore the speech again.

*Sir Edward Boustwards precious Oyntment
for Aches in the Bones or Sinews that
come of cold Causes.*

Take Wormwood, red sage, the green and tender leaves and buds of Bayes and of Rue, of each one pound; chop them and beat them in a mortar very small, put to them Mutton Suet well picked from the skins one pound and an half, and beat all well together, and put to them a pint and a half of good Oyl-Olive, or Neatsfoot Oyl, mix them all well together in an earthen pot, and set them in a warm Oven five hours: then take it out and strain it, and keep the Oyntment in an Earthen Pot,
anoint

anoint the grieved therewith well by the fire, and cover the place with black wool unwashed.

*Dr. Atkins. An excellent Medicine
for the Jaundies.*

Take of Rhubarb finely sliced the weight of a shilling, Red Dock Roots sliced the weight of three shillings, one Nutmeg bruised grossly, and put them in a bottle of new beer, or any beer, the bottle being three quarts, or a pottle, let it be close stopped for three dayes, or two at least, and then begin to give him to drink thereof every morning a draught next his heart, and about five a clock in the afternoon, drink this till his stool come yellow; if his body be loose with it, give him but onely in the morning: if he will not take this, give him two spoonfuls of the sirup of Succory, with Rhubarb one morning, and every day after give him the weight of six pence of the powder after written in drink, or broth, or alebery next his heart for a week together.

Dr. Atkins. Powder.

Take Earth-Worms and slit them, and wash them with white Wine, then dry them in an Oven, and powder them, and put to every shilling weight of their Powder, a groat weight of Ivory, and as much of Harts-horn scraped, and mingle them together, boil in his broth Parsley Roots and Fennil Roots, and a little Nutmeg; if he will not take this, give him every morning two spoonfuls of Oxy mel Compositum alone, or in Beer, or else burn some Juniper, and take one ounce of the ashes, and put in an Hypocras bag, with a quarter of a Nutmeg beaten, and run a pint of Rhenish Wine or white Wine through it four or five times, and let him every morning drink a draught of the Wine with Sugar.

An approved Medicine for the Yellow Jaundies.

Take the peels of Barberries, and scrape off the outside of it, and take the inner peel of them, a quarter as much

as

as one may hold in their hand, a small Reasin of Turmerick grated very small, four or five blades of English Saffron to be dried and beaten very small, then put all together, and boil in a pint of milk or posset drink, until it be very bitter, then strain it, and drink every morning fasting, and at night when you go to bed nine dayes together, and by the grace of God it will help you; or else you may lay it asleep in strong Ale or Beer twenty four hours, and then drink a quantity of it, as you should the other; and if it be bitter, you may put a little sugar to sweeten it.

To make Oyl of Excester.

Take Sage two handfu's, one of Time, one of the wilde Vine, two of Hysop, one of Saint Johns Wort, two of Bay leaves, one of Goose-grass, two of Rosemary, one of Letterwood, two of Penniroyal, two of Cammomile, two of Lavender, two of White Lillies, two of Dragon leaves, two of Rue, two of Wormwood, two of Mints, one of Sweet Marjoram, one of Pellitory of Spain, one of Feaverfew, one of Angelica, one of

Betony, stamp well these herbs, and put them into a great pottage pot, and boil them in two quarts of running water till the water be consumed, then put to it two quarts of Cowslip flowers that have been steeped in Oyl Olive four weeks, and have been kept in the Sun all that time, and two quarts of White Wine, and also two quarts of Oyl Olive, boil them together one or two hours, till you think it almost dry, then strain in the Oyl from the herbs, and put it into a glass, and blow the uppermost of the Oyl into the glass, for the very bottom is not so good.

A Medicine for the Worms.

Take a little fresh Butter and Honey, melt it, and anoint therewith the childe from the Stomach to the Navil, then take powder of Mirrhe, and strew it upon the place so anointed, cover it with a brown paper, and binde a cloth over it, and so anoint the childe three nights one after another. This Mirrhe is also good to swallow in a morning for shortness of breath, and to chew it in the mouth for Rhumes.

A Powder for the winde in the Body.

Take Anniseed, Caroway-seed, Jet, Ambergreese, red Coral, dried Lemon or Orange peels, new laid Egg shells dried. Dates stones, pillings of Goose-horns, of Capons and Pigeons, dried Horse radish-roots, of each half a scruple in fine powder well mixed, and take half a scruple thereof every morning in a spoonful of Beer or white Wine.

To make Oyl of Eggs.

Take twelve yolks of eggs, and put them in a pot over the fire, and let them stand till you perceive them to grow black, then put them in a press, and press out the oyl. This oyl is good for all manner of burnings and scaldings whatsoever.

To make Oyl of Mustard seed.

Take two pounds of Mustard seed, and four pounds of Oyl Olive, grinde them together, and let them so stand nine dayes, and then stir it well, and

keep in boxes. This Oyl is good for the Palfie, Gout, Itch, &c.

To make Oyl of Fennel.

Take a good quantity of Fennel, and put it betwen two iron Plates, and make them very hot in the fire, then press out the liquor. This Oyl will keep a great while: it is good for the Tiflick, and for Burnings or Scaldings.

To make Oyl of Rue.

Cut Rue leaves small, and put them into a pot with some Oyl Olive, and let them stand twelve dayes, then boil them till they be wasted to the third part, then strain it, and keep it close. This Oyl is good to keep away all causes of Pestilences in man, woman, or childe.

To make Oyl of Cammomile.

Stamp a good quantity of Cammomile flowers in a Mortar, put them in a pot with some Oyl Olive, and let them stand twelve dayes, then boil it a little

cle on the fire, then take it off, and press it out hard, and put the juyce into glasses, and put to them more Cammomile flowers stamped small, and let them stand for your use.

A Sovereign Medicine for a Fistula.

Take pure Rosin one pound, Sheep Suet the bigness of a great Egg or somewhat more in Winter, and set them on a fire in a pot, till it be ready to boil, then pour it in a pan of cold water, and work it with your hands rubbed with butter till it become so small as packthred. scrape it on a cloth, and spread it thin, then cut it out small and narrow, and when you use it, roul it up small like tents.

The Powder.

Take an Ox-horn, and steep it nine dayes in water, shift every day into fresh water; then take it out, and fill it full of black Soap, and fry it over the fire in a Frying-pan, and the horn will melt away and burn to powder; dip the end of ten tents in this powder.

The Water.

Take Allum and white Copperas, of each half a pound, beat them into fine powder, and mix them well together, and put them in an earthen pot, and let them boil on a soft fire till they be hard, and will boil no longer, then beat them to powder. Two spoonfuls will make a gallon of water, and one spoonful will make a pottle, but let the water see the first; then take it off, and at first sprinkle a little of the powder lest it flame up, and after the rest wet a fair cloth, and dress the sore twice a day. If green Copperas be used, two pound must be put to one pound of Allum. When the sore is dressed, it must be tented as aforesaid if need require, and lay on a cloth still wet in the said water. As the water comes hot from the fire, put in one spoonful of the said powder by degrees.

A special Medicine for a Looseness.

Burn three Nutmegs to ashes in the flame of a wax candle, and when they are thorowly burnt, rub them to powder, and mix it with the like quantity of
of

of Bean flower and Cinamon finely beaten and searfed, then make up into a paste with the white of an Egg, and a little red Wine; and make the paste into small round pills fit for swallowing, and dry them hard in a clean fire, and when you take them, drink a little red wine after it.

For an Uncomb, or sore Finger.

Shred one handful of Smallage very small, and put to it one spoonful of Honey, the yolk of an Egg, and a little Wheat flower to make it thick, then spread it on a cloth, and lay it to the sore twice a day.

For the same in young Children, or any other in the beginning.

Take Celandine, and bruise it well between your hands, and binde to your Navil, and the soles of your feet, hang it once in twenty four hours till they be well.

A Medicine for the Purples proved.

Take Purple Silk, and shred it as small as you can, and put it into a spoon, and put a little Ale or Beer unto it lukewarm, and so take it, and drink after it a little; and so do five mornings together, and fast an hour after it.

Dr. Twines Almond Milk.

Take a pot of water when it is boiled, and stood to be clear, then boil therein Violet leaves, Strawberries the whole herb with the root, of each a pretty handful, Sorrel a good root all well washed, a crust of white bread, raisins of the Sun stoned two ounces, boil all these from a pottle to a quart, and with fifty Almonds blanchd, and thirty Pompon Kernels, all well beaten, draw an Almond Milk, sweetned with good Sugar to your liking, and drink a good draught thereof morning and evening towards the quantity of a piat.

Dr. Blacksmiths Almond Milk.

Take of the roots of *Ruscus Gramen*,
Sparagus, and *Succory*, each three drams,
Barley prepared half a handful, of the
leaves of *Mallows*, *Violets*, five leaved
Grass, *Strawberries*, *Borage*, *Bugloss*,
Maiden-hair, of each half a handful,
sliced *Liquorish* two drams: boil all
these in three pints of fair running wa-
ter to a quart or less: then take the
weight of a French Crown of the Ker-
nels of each of the three cold seeds, and
beat them with a few *Almonds*, and
white *Rose-water* and *Sugar*, and make
Almond Milk.

*Dr. Atkins excellent Receipt of Almond
Milk to cool and cleanse the Kidneys.*

Take a pint and a quarter of *Barley-*
water, and in that boil *Althea*, *Irin-*
gus, *Gramen* and *Sparagus* Roots, each
a French Crowns weight, *Strawberries*,
and five leaved *Grass*, both Leaves and
Roots, each a few, boil them till the
Barley-water be but a pint, then strain
out the *Barley-water*, and take a French
Crown

Crowns weight apiece of the four cold seeds, and peel off the husks, then beat the seeds with the Almonds, and strain them forth together with the Barley-water, and put to it a little Rose water and Sugar, and make it an Almond Milk.

A Receipt for the Stone.

Take a gallon of new Milk, Wilde Time, Sassafras, Pellitory of the Wall, Philipendula roots, Saxifrage, of each one handful, Parsley leaves two handfuls, three or four Radish-roots, and as many Parsley roots, Anniseeds one ounce, cut and slit the roots, bruise the hearbs and seeds, and put them to infuse in the milk a whole night, the next morning distil it in a Rose distiliatory. Take ten or twelve spoonfuls of the water, and as much White or Rhenish Wine, a little Sugar, and a sliced Nutmeg. It is very good every full and change of the Moon to take morning and evening, to prevent sickness. and at any time if need require.

For the green sickness.

Take Aloes and Rhubarb, of each four ounces finely beaten and searsed, prepared Steel four drams; mix these together with Claret Wine, and make them into twenty seven pills, and take every morning in three of them, using exercise till all be gone, and drink after them at each time a glass of Claret wine.

For any sore Breasts or Paps.

Take a pottle of running water, Sage two good handfuls small minced, and a quantity of Oatmeal-greats small beaten; boil all these to the thickness of white bread dough, but let it not burn to; then put to it three spoonfuls of honey, and a little saffron, stir it well together, and boil it to a quart somewhat stiff. This Pullets will break and heal it soon, and draw away the pain without breaking. It will cure any sore Breast or Pap, if it be not a Canker or Fistula.

A Syrrup lasting many years, good for Swounding and Faintness of Heart, it comforteth the weak Brain and Sinews, it may be used as much as half a nut at once at your pleasure.

Take Borage, Bugloss, white Endive, one little handful, of Rosemary-flowers, Time, Hyssop, Winter Savory, of each one little handful; break these between your hands, and seethe them in three quarts of water to three pints, then strain it, and put to it a pint of good Malmsey, one ounce of whole Cloves, powder of cinamon half an ounce, powder of Ginger a quarter of an ounce, one Nutmeg in powder, Sugar half a pound or more, let them seethe upon a soft fire, well stirred for burning to, until it come to the thicknes of Honey: then take it up, and let it cool, and put it in pots or glasses at your pleasure. Prescribed by Dr. Twine.

An approved Medicine for a woman in Labor to make, come, & prove safe deliverance

Take powder of Cinamon one dram,
powder of Amber half a dram finely
beaten,

beaten, mingle it with eight spoonfuls of Claret Wine, and so let her drink it.

To know how much Bezar Stone must be taken when one is heart sick.

Take Bezer Stone the weight of three Barley corns, or five at a time, once in six or ten hours, and give it in a spoon with Carduus, Bean-water, Borage, or Bugloss, Ale or Beer.

Doctor Stevens excellent water, wherewith he cured many Diseases following.

Take one gallon of Gascoign Wine, Ginger, Gallinal, Cammomil, Nutmegs, Grains of Paradise, Cloves, Anniseeds, Caroway seeds, of each one dram, then take Sage, Mint, red Roses, Time, Pelitory, Rosemary, Penniroyal, Montanum, Cammomil, Babin, Harts-tongue, Lavender, Avance, of each a handful, bray the spices small, and let it stand so twelve hours, stirring it divers times; then still it in a Limbeck, and keep the first by it self, for it is best; then will there

there come a second water which is good, but not so good as the first, for it is fainter. The vertues of this water is, to comfort the Vital Spirit greatly, and preserve the youth of man or woman, and helps the inward diseases that come of cold, helpeth the shaking of the Palsie, and cureth contractions of Sinnews, it strengthneth the Marrow in the bones, it helpeth the conception of Women that are barren, it killeth Worms in the body, and cureth the cold Gout, and Tooth-ache, and it helpeth the Stone in the bladder, and the pain in the Reins of the Back, and will make one seem young a long time; one spoonful of this *Aqua vita* shall do more good to a man that is sick, then four spoonfuls of any other; and this *Aqua vita* shall be better if it stand in the Sun all Summer long.

For the Falling Sicknes.

Take half a peck of Peony roots, cleanse, rub, wash, and stamp them, and as you stamp them, put in Sherry Sack, let them be beaten very small, and then put to them a pottle of Sherry Sack;
 stir

stir all well together, and let it stand close covered twenty four hours, then pour of the clearest into bottles, and take thereof a little draught every change of the Moon, for three mornings, one morning after another.

A Pulstess to break a Bile or Imposthume.

Take Sorrel one handful, twelve Figs quartered, half a pint of Sorrel juyce; boil and break these together till it be very tender, and put to it some Wheat flower, and when it is well boiled, put to it a good piece of butter, and lay it warm to the place twice a day, till it be drawn enough.

A Remedy for Worms in Children.

Take one spoonful of juyce of Lemons, powdered Saffron half a scruple, and a little Sugar; and give this same quantity to the Patient three mornings together.

For Worms. Dr. Wetherborn.

Take Rhubarb one dram, Worm-wood.

wood half a dram, Corraline one scruple, Currans one good handful, beat them all to a Conserve, and mix it with Syrup of Violets, to an Electuary, and give a childe the quantity of a Walnut thereof every other morning fasting.

An Oyntment to heal any Bruise or Wound.

Take Sage, Self-heal, Smallage, Southernwood, Plantain, Time, Ribwort, Rue, Parsley, Marigold leaves, Mercury Wormwood, Betony, Scabious, Valerian, Comfrey, Lions-tongue, Buck-horn, of each one handful; wash them clean, and put them into a Sieve to drain all night, and when they are dry, chop them very small, and put to them two pounds of unwashed Butter well beaten, then boil it till half be consumed, then strain it into the pot you mean to keep it in. It is also good for swollen Breasts. *May* is the best time to make it in.

*For a Bruise in a Womans Breast that
is hard swoln.*

Take Wood-lice, and dry them between papers before the fire, and make them into fine powder, whereof take as much as will lie on a three pence in a spoonful of Grout Ale: do thus first and last for three weeks together, and after you may take twice a week, till you finde the Breast well. But you must be sure to keep a white Cotton fried in Goose grease to it constantly, though you leave taking the said powder, until you finde the breast cured. This hath cured breasts that should have been cut off.

*A Medicine for a childe that cannot hold
his or her Water.*

Take the Navil string of a childe which is ready to fall from him, dry it and beat it to powder, and give it to the patient childe Male or Female in two spoonfuls of small Beer to drink fasting in the morning.

A. R. C.

Shred two handfulls of Rosemary flowers, and boil them in a quarter of a pint of *Aqua vite* a little together. At night when you go to bed, and in the morning you must have two little pieces of white Cotton, and take some of this liquor, and set it on the embers in a dish, and put in one of the pieces of Cotton, and when it is hot, wring out the liquor, and lay it to the grief. Do thus three times evening and morning, keeping the last piece of Cotton to the grief all night, and so all day.

An Electuary for the Liver.

Take Cichory roots, wash and rub them very dry in a cloth, then slit them and take out their pith, and cut them in small pieces; of these roots thus ordered take eight ounces, and beat them small in a Mortar, and put to them two ounces of currans well washed and dry rubbed in a cloth, and beat them well together, put one ounce of the best grated Rhubarb, and half a pound

pound of double refined Sugar, beaten to powder, and beat all well together in the Mortar to the consistence of a well formed Electuary, and keep it in a galley-pot for your use close covered. Take as much thereof as a Walnut in the morning fasting, and as much at four a clock in the afternoon.

A Purging Ale for the Liver.

Take Scurvy-grass six handfuls, Brooklime, Water-cresses, of each three handfuls, Agrimony, Speed-wel, Liverwort, of each two handfuls, Fennel and Parsley roots, of each three ounces, Horse-radish two ounces, Monks Rhubarb one pound as well picked, washed and bruised; then put to them Sena five ounces, Polypody of the Oak four ounces, Nutmegs bruised two ounces, Fennel-seed bruised one ounce; Liquorish slit and bruised two ounces, Sassafras cut small three ounces: put all these in a bag or boulder, and hang it in five or six gallons of second Ale, and after five dayes infusion, drink thereof half a pint every morning fasting, and walk upon it.

A Medicine for the Stone.

Take the Pulp of Cassia Fistula newly drawn, one ounce and a half, Rhubarb in powder, one dram and a half, Venice Turpentine seven drams, Liquorish half a dram, Species of Diatragacanthum Frigidum, one scruple, mix them well together with a sufficient quantity of Marsh Mallows, and take thereof in the morning fasting the quantity of a Walnut, and drink after it a good draught of posset drink; use it three mornings at every new Moon.

For the Whites and Heats in the Back.

Take three or four Nutmegs, and cut them into the middle of a brown loaf, set it in an Oven, and when it is baked take out the Nutmegs, and every morning for nine dayes one after another, beat the white of a new-laid Egg to water, then put to it of Plantain and red Rose water, of each four spoonfuls, and grate into it some of the said Nutmegs, and sweeten it with a little Sugar, and drink it off.

Syrup

Syrup of Ale for the same Disease.

Take a gallon of new Ale wort of the first tunning, and hang it over the clear fire in an Iron Pot, and scum it till no more will rise, and when it is boiled to a pint take it off, and put it into an earthen pot with a cover, and take a little thereof on a Pen-knives point every morning and evening.

An excellent artificial Balsam.

Take Conduit-water and Oyl Olive, of each one quart, Turpentine four ounces, liquid Storax six ounces; put them in a Bason, and let them stand together all night: the next day melt half a pound of Bees-wax on the fire, and put to it Rosemary, Bayes, and sweet Marjoram, of each one handful shred small, and also Dragons Blood; and Mummey, of each one ounce made small, and let them boil in the wax a while: then put into the Bason Oyl of Saint Johns-wort and rose-water, of each two ounces, and boil it together a little more, then put in some natural Balsam

sam and red Sanders pulverised, and let it boil a little, then strain it into a bason, and when it is cold make a hole in it with a knife to let out the water, & so dissolve it on the fire, and put it up for your use.

The Vertues and Operations of this Balsam are.

1. It is good to cure any wound inward; if inward, squirt it in, or apply it with a tent: if outward, anoint the place.

2. It healeth any burning or scalding, bruise or cut, being therewith anointed, and a linnen cloth or lint dipped therein laid to the place warm.

3. It takes away any pain or grief, that comes of cold and moisture in the bones or sinews, anointing the place grieved with this Oyl heated, and a warm cloth laid on it.

4. It cureth the headache, onely anointing the temples and nostrils therewith.

5. It is good for the Winde Cholick, or Stitch in the sides, applied thereunto warm with hot clothes four mornings together every morning a quarter of an ounce.

And many other cures it doth, &c.

To make the Green Oyntment.

Take Rue and Sage, of each one pound, Bay leaves and Wormwood, of each half a pound, Melilot, the Herb and Flowers of Cammomile, Spike, Rosemary, red Rose leaves, Saint Johns wort, and Dill, of each one handful, chop them first very small, then stamp them, and put thereto the like weight of Sheeps Suet chopt very small, and stamp them all in a stone Mortar to one substance, that all be green and no Suet appear. Then put it into a large earthen pan, and pour on it five pints of pure and sweet Oyl Olive, and work them together with your hands to one substance; then cover the pan with paste close, that no air enter, and let it stand seven dayes, then open it and put it in a fresh pan, and set it on a soft fire alwayes stirring it till the herbs begin to grow parched, then strain it into a fresh pan, to which put the Oyls of Roses, Cammomile, white Lillies, Spike and Violets, of each one ounce, stir them well together, and keep it in a glasse close stoppt for your use.

An Electuary for the passion of the Heart.

Take Damask Roses half blown, cut off their whites, and stamp them very fine, and strain out the Juyce very strong, moisten it in the stamping with a little Damask Rose-water, then put thereto fine powder Sugar, and boil it gently to a thin Syrup; then take the powders of Amber, Pearl, and Rubies, of each half a dram, Ambergreece one scruple, and mingle them with the said sirup, till it be somewhat thick, and take a little thereof on a knifes point morning and evening.

A Drink for a hot Feaver.

Take Spring-water and red Rose-water, of each one pint and a half, the juice of three Lemons, and white Sugar-candy one ounce, and mix them together, and give the Patient thereof six or eight spoonfuls at a time often in a day and night, until the unnatural heat be extinguished.

For the Cholick.

Take equal portions of Honey and Wine, put them on a fire, and put there-to ground Wheat-meal, and a pretty quantity of bruised Cummin-seeds, and as much Sorrel, boil all together for a pretty while, then put them into a linnen bag, and apply it to the belly as a plaister. Or take a pretty bundle of Time, and boil it with a little slice of Ginger in a pint of Malmsey till the third part be wasted, and drink thereof as warm as you can.

For stopping of the Urine.

Take the shells of quick Snails, wash them and dry them clean, and beat them into fine powder; whereof take a pretty quantity in White Wine, or thin broth.

For the Stone in the Kidneys.

Take a pottle of new Ale, and as much Renish Wine, and put into it two whole Lemons sliced with the peels

and all, and put to them one Nutmeg beaten, and two handfuls of Scurvey-grafs beaten and strained into the Ale, and half a penniworth of grains of Paradise bruised; put all together in a little stand with a cover, and after three dayes drink of it with a taste. It is also good against the winde Cholick, proceeding from the Stone.

To make Hair grow thick.

Take three spoonfuls of Honey, and a good handful of Vine sprigs that twist like Wire, and beat them well, and strain their juyce into the Honey, and anoint the bald places therewith.

For the Rhume, or Cough in the Stomach.

Take a pint of Malmsey or Muscadine, and boil it in five ounces of Sugarcandy till it come to a Syrup, and in the latter end of the boiling put to it five spoonfuls of Horehound distilled water, and so suck it from a Liquorish stick bruised at the end. Use this onely to bed-ward.

For the Sciatica.

Take a pound of yellow Wax, six spoonfuls of the juyce of Marjoram, and red Sage, two spoonfuls of the juyce of Onions, of Anniseeds, Cloves, Frankincense, Mace, and Nutmegs, of each one penniworth, and as much Turpentine; boil these together to the consistence of a Salve, and so apply it.

For the Piles.

Roste quick Snails in their shells, pick out their meat with a pin, and beat them in a Mortar with some powder of Pepper to a Salve; then take the dried roots of Pilewort in powder, and strew it thin on the Plaister, and apply it as hot as you can suffer it.

To Procure sleep.

Chop Cammomile and crumbs of brown bread small, and boil them with White Wine Vinegar; stir it well and spread it on a cloth, and binde it to the soles of the feet as hot as you can suffer

fer it. You may adde to it dried red Rose leaves , or red Rose cakes with some red Rose water , and let it heat till it be thick , and binde some of it to the Temples , and some to the Soles of the feet.

A good Purge.

Take Diacatholicon and Syrup of Roses Laxative, of each one ounce , mix them well together in a penny pot of white Wine, and drink it warm early in the morning. This purgeth Choller, Phlegm , and all manner of watry humours.

For a Fellon in a Joynt.

Dry Bay salt, and beat it into powder, and mix it with the yolk of an Egg , and apply it to the grieved place in the beginning, before the Fellon be broken : but if it be first broken , then take the juyce of Groundfel, the yolk of an Egg , a little Honey , and Rye flower, mix them well together, and so apply it.

To heal a fresh Wound with speed.

Take the leaves of Columbine Nettles, Plantain, Ribwort, wilde Tarras, Wormwood, red Roles, Betony, Violets, of each one handful; wash them clean, and beat them well with the White of an Egg, and strain out the juyce through a cloth, to which juyce put the quantity of two Walnuts of Honey, and half an ounce of Frankincense; stir them well together, and put it in a box, and use it plaister wise. Or take Rosin, Wax, fresh Butter, Barrows grease well tried, of each a little quantity, oyl them well, and put it into a bason of cold water, and work it with your hands into little rolls, spread it on a cloth, and apply it. If the wound be deep, tent it with lint.

For the pricking of a Needle or Thorn.

Take boulted Wheat-flower, and temper it with red Wine, boil them together to the thickness of a Salve; and lay it on so hot as you can suffer it. This will open the hole, draw

out the filth and ease the pain.

For to kill a Corn.

Take of the bigness of a Walnut of Ale yeast that is hard and sticks to the tub side, put to it a little dried salt finely powdered ; work them well together, and put it in a close box, make a plaister of some of it, and binde it to the Corn.

For Bruises, Swellings, broken Bones.

Take Brooklime, Chickweed, Mallows, Smallage, Groundsel, of each one handful, stamp them with a little Sheeps tallow Swines grease, and Copin, put there-to wine dregs , and a little Wheat bran ; stir them well together over the fire till they be hot , so apply it to the place grieved.

For Burning or Scalding.

Take Goose dung , and the middle bark of an Elder tree , fry them in *May* butter, strain them, and therewith anoint the burnt or scalded place.

To help Deafness.

Take a piece of Rye dough the bigness of an Egg, and of that fashion, bake it dry in an Oven, cut off the end, and with a knife cut out the paste and make it hollow, then put into it a little Aqua Composita, and stir it; and so hot as you can endure it, apply it to the deaf ear till it be cold, you must keep your head very warm. If both ears be grieved, make two of them, and use those three times.

For the Cholick.

Take half a sheet of white paper, anoint it all over with Oyl Olive, and strew thereon gross pepper, and so lay it to the belly from the navil downward.

For the yellow Jaundies.

Take Pimpinell, Groundsel, Sheebroom, with the tops, of each one handful, boil them in a quart of Ale till half be consumed, then divide it into three draughts, and take it morning and evening.

For the Bloody Flux.

Take Bean flower , mingle it with Malmsey, and make a paste thereof, and bake it in an Oven like a Cake , but not too hard , and lay it upon the Navil of the belly as hot as can be suffered , and wet it over with Malmsey , and keep it warm. It will help in three dayes.

A Drink to drive the Plague from the Heart.

Take a great Onion , cut off the top of it , and take out so much of the Core as the bigness of a Walnut, which hole fill up with Treacle, put on the top again, and wrap the Onion in a piece of brown or gray paper , roste it thoroughly , and peel it, and trim it finely, and put it in a clean linnen cloth, and strain it hard into three Porringers, and drink the juyce so strained out : for it hath been found most excellent by often proof , not onely for the expulsion of the Plague , but also for the eradicating of all Poison and Venome.

The onely Receipt against the Plague.

Take three pints of Muscadine, and boil therein a handful of Sage, and a handful of Rue, until a pint be wasted, then strain it, and set it on the fire again, then put thereto a penniworth of long Pepper, half an ounce of Nutmegs all beaten together; then let it boil a little, and put thereto three penniworth of Treacle, and a quarter of the best Angelica water you can get: keep this as your life above all worldly Treasure. Take of it alwayes warm both morning and evening a spoonful or two, if you be already infected, and sweat thereupon, if not, a spoonful in the morning, and half a spoonful at evening in all the Plague time, under God trust to this, for there was neither Man, Woman, nor Childe, by this deceived.

This is not onely for the Common Plague, which is calied the Sicknes; but for the Small Pox, Measles, and Surfeits, and divers other Diseases.

A good Almond Milk for the bloody Flux.

Take Mutton and boil it in fair water, and scum it very clean, then put to it a handful of Borage leaves, as much Prunes, some Cinamon and whole Mace, the upper crust of a Manchet; boil all these well till their strength be gone into the broth, then strain it through a Cullender, then take Jordan Almonds, and parch them as you do Pease, and let them boil two or three Walms, then strain them through a cloth, and season it well with Sugar, and a little Salt; and let the Patient drink thereof at all times of the day. It is very Medicinal.

To take Fish by Angling.

Take Asa Fetida, Camphire, *Aqua vite* and Oyl Olive, bray them together till they come to a soft Oyntment, then box it, and anoint your baits therewith.

For an Ache or Swelling.

Take Oatmeal, Sheeps Suet, and black

black Soap, of each four ounces, boil them in water till they be thick, make a plaister of it, and apply it to the grieved place hot.

For a Childes Navil that comes out with much crying.

Take Wax as it comes from the Beehive, let it not be altered, but onely strained from the Honey, then melt some of it in a Sawcer, and dip some black Sheeps Wool in it, and binde it to the Navil.

For Womens sore Paps or Breasts.

Take Bean flowers two handfuls, Wheaten Bran, and powder of Fenu-greek, of each one handful, one pound of white Wine Vinegar, three spoonfuls of Honey, three yolks of Eggs; boil all till they be very thick, and lay it warm to the Breast. This will both break and heal it. Crush out the matter when you change the Plaister. Or take Oyl of Roses, Bean flower, and the yolk of an Egg with a little Vinegar, set it on the fire till it be lukewarm

warm and no more, then with a feather
anoint the sore places.

For an Ague in Womens Breasts.

Take the leaves of Hemlock, fry
them in sweet Butter, and as hot as may
be suffered apply it to the Breasts, and
lay a warm white Cotton on it, and in
short time it will drive the Ague out of
them.

*To draw Rhume from the Eyes back
into the Neck,*

Take twenty Catharides, cut off
their heads and wings, and beat their
bodies into small powder, which put
in a little linnen bag, and steep it all night
in *Aqua vite* or Vinegar, and lay it to the
Nape of the neck, and it will draw some
blisters, which clip off, and apply to them
an Ivy or Cabbage leaf, and it will draw
the Rhume from the Eyes. Or roste an
Egg hard, cut it in half and take out the
yolk, and fill either side with beaten Cum-
min-seed, and apply it hot to the Nape
of the Neck.

For a Canker in the mouth.

Take a pint of strong Vinegar, Roach Allum the bigness of a Walnut, as much English Honey as will sweeten it, and boil it in a skillet, put it up in a close stopt glass, warm a little of it in a Sawcer, and therewith wash the mouth often, and lay some lint wet in the same warm liquor upon the places.

To make a sweet Breath.

Take the dried flowers and tops of Rosemary, Sugarcandy, Cloves, Mace, and Cinamon, of each a like quantity dried and beaten into fine powder; then take a new laid Egg, and put of the powder into the Egg, and sup it off fasting in a morning; do so seven dayes one after another, and it will sweeten the breath.

For an old sore Leg.

Take the whitest hard Soap you can get, scrape a quantity thereof into a Sawcer, put to it some Deer suet, and boil

boil them on the fire , then spread it on a clean linnen cloth, and lay it to the sore morning and evening , and in a short time it will heal.

For a Stitch in the Side.

Take a piece of white leavened bread, and toste it on both sides , then spread one side thereof with the best Treacle you can get, and cover it with a fine linnen cloth , and so lay it to the grieved place.

A most excellent Salve for a Wound.

Take a good quantity of the tops of Maiden or unset Hyfop , shred them small, and beat them very small in a Mortar ; then take Oyl Olive and clarified Honey , of each one spoonful , put thereto half a handful of Wheat flower, compound them together cold , and make it up into a fine Salve, which use to the purpose aforesaid.

A Pultes to ripen any Bile or Impostume.

Take a Lilly root and roste it in the Em-

Embers in a brown paper ; then take Figs and pound them small, and Fenu-greek, and Linseed, of each a like quantity : when the Lilly root is rosted, pound it very well, then boil all therein new Milk from the Cow, till it be so thick that a spoon may stand upright in it, and stir it alwayes in the boiling ; and put to it some barrows grease, and apply it to the place grieved.

To encrease Womens Milk.

Take Fennel seeds bruised, and boil them well in Barley water, whereof let wet Nurses and Suckling Women drink very often, in Winter warm, in Summer cold ; and let them beware of drinking much strong Beer Ale, or Wine, for they are hot, and great driers up of Milk ; and so are all Spices, and to much Salt or salt meat.

To keep Iron from Rusting.

Take Lead filed very small, and put so much Oyl Olive upon it, as will cover it in a pot, then make your Iron very clean first, and anoint the Iron with the
said

said Oyl, after it hath stood nine dayes, and it will never rust.

To make Golden Colour without Gold.

Take the juyce of Saffron flowers, when they are fresh on the ground, but if you cannot get them, then take Saffron dried and powdered, and put to it Yellow and Glistering Auripigment, that is scaly, and with the Gall of a Hare, or Pike fish, which is better, mix them together; then put them in a glass Vial close stopped, which set in a warm Dunghil for certain dayes, then take it out, and keep it for your use.

To make Golden Letters without Gold.

Take Auripigment one ounce, fine Crystal one ounce, beat them to powder severally; then mix them, and then temper them with the whites of eggs, and so write with it.

To make Silver Letters without Silver.

Take Tin one ounce, Quicksilver two ounces, melt them together, then
beat

beat them well with Gum water, and so write with it.

To make the Face Fair.

Take fresh Bean blossoms, and distill them in a Limbeck, and with the water wash your face.

A wound Drink.

Take Southernwood, Wormwood, Bugle, Mugwort, White bottle, Sanicle, Plantane, Dandelion, Chinquefoil, Ribwort, Wood Betony, Clary roots, Avens called Herb Bennet, Hawthorn buds, Agrimony, Oak leaves and buds, Bramble buds, wilde Angelica, Mints, Scabious, Strawberry leaves, Violet leaves, Comfrey, of each twenty handfuls; gather them in *May*, and dry them in a room without much fire, turn them often, that they may not become musty; and when they are dry, put them up in Canvas bags severally. Then take of these several herbs so dried, of each three handfuls, and put them into two quarts of running water, and one quart of white Wine, boil them to three pints, strain the liquor from the herbs, and

and put thereto one pint of Honey, which boil again, taking away the froth, then strain it, and keep it in a glass bottle close stopped, and take thereof in the morning fasting, and at night last, two or three spoonfuls at one time. This water will not continue good above three or four weeks at the most. It cureth old sores, green wounds, Impostumes, Fistulas, and stencheth bleeding. Tent no wound, but search and cleanse it in a tent, and cover the place with a clean cloth. During the cure, the Patient must keep a spare diet, and abstain from Wine and strong Drink.

For Worms in Children.

Take three pound of Prunes, Sena one ounce and a half, sweet Fennel-seed one ounce and a half, Rhubarb half an ounce; tie all these in a bag with a stone to it, and put them into a great quantity of water, then put the Prunes on the top, and let it stew six or seven hours, till the liquor be even with the Prunes; so drink of the liquor two or three spoonfuls, and eat of the Prunes in the morning fasting, and at four a clock in the afternoon.

A Green Salve.

Take one pound of Butter, Bees-wax five ounces, Rosin one pound and a half, Frankincense four ounces, Oyl of Bayes two ounces, Deer suet one ounce and a half, Verdigreese one ounce and a half, boil the butter a little, then boil the Wax in it, and stir it now and then, take it off the fire, put in the Oyl of Bayes, set it on the fire again, then put in the Deer suet, and let it boil one walm, for if it have more it will turn black, and when it is off the fire, put in the Verdigreese powdered, then strain it into pots, and keep it for your use.

A Receipt for the Kings Evil, Fistula, sore Breasts, Legs, or other sores.

Take Samnil, Agrimony, Avens, wilde Bugle, red Dandelion, Wood-Betony, Ribwort, Wilde Clary roots and leaves, Mugwort, Plantain, Wormwood and Bugle beaten and bruised, of each two handfuls, boil them in six quarts of White Wine until their vertue be extracted very softly, then with
your

your hand squeeze all the juyce out of them into the Wine, then strain the liquor out, and set it on the fire, and clarifie it with so much Honey as will make it dainty, pleasant, and not sharp; then let it boil a little more, and when it is cold, put it in bottles close stopped, and it will last a year, whereof give the Patient six spoonfuls at a time, in the morning fasting, and at four a clock in the afternoon.

To ease Womens Childe-bed throws that are taken with cold a week or two after their Delivery.

Take one or two spoonfuls of Oyl of sweet Almonds newly drawn, either in Posset drink, or in a Caudle warm morning and evening it will help.

For Womens swoounding fits after delivery of Childe.

Take the powder of White Amber as much as will lie on a three pence, and give it in Mace Ale warm.

An approved Medicine to speed a Womans Delivery in difficult Travel, and to send out the after-burthen safely.

Take Cinnamon two drams and a half, one dram and a half of white Amber, Myrrhe two scruples, Castoreum one scruple, Borax half a scruple, Saffron five grains, powder and mix them, whereof give one dram at a time in white Wine and Sugar, and sweat after it. This hath been often tried with much good success.

An approved Medicine for the Megrum.

Take one spoonful and a half of the white of an Egg beaten very clear, White Wine Vinegar one spoonful, of Pepper and Frankincense, of each two drams powdered, and one spoonful of Honey, mix them with so much Wheat flour as will make it into paste, whereof make two plaisters, and lay them to the temples of the head, and change it duly every morning and evening.

For to ease Head pain.

Take red Rose leaves dried, mix them with Wheat flowers, Vinegar, Oyl of Roses, and some Housleek, boil them till they be thick, spread it on a linnen cloth, and lay it to the Forehead and Temples, and it will ease the pain.

To cure a Sheek Dog that hath the Mangie.

Take four ounces of Tar, mix it with some fresh greese, so as it may run; then put to it some Brimstone powder half a spoonful of Gun powder powder'd, and two spoonfuls of Honey, mix them well, and therewith anoint the Dog; in the Summer time tie him in the hot Sun, that the oyntment may soke into him, in the Winter time lay him on thick fresh Hay, and there keep him that the heat of his body may heat and melt it. Thrice dressing will cure him.

Dr. Goffes Receipt to preserve a Woman with childe from miscarrying, and abortion.

Take a fillet of Beef half roasted hot from the fire, then take half a pint of Muscadine, Sugar, Cinamon, Ginger, Cloves, Mace, Grains of Paradise and Nutmegs, of each half a dram, and make thereof a Sawce, then divide the Beef into two pices, and wet them in the Sawce, and binde the one piece to the bottom of the womans belly, and the other to the reins of the back, as hot as may be suffered, and keep them on twenty four hours at the least, and longer if need be thereof.

For any pain in the Stomach.

Cut a piece of new Scarlet in the shape of a Heart, put it in a pewter dish, and wet it with the strongest Cinamon, or Wormwood water, then set it on a Chafing-dish of Coals, and cover it close, and when it is dry, wet it again, which do so often, until the scent of the hot water be strong in it, and lay it very hot to the Stomach,

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and renew it once or twice in a week.

For the Winde in the Veins.

Take powder of Liquorish, Caroway-seed, and Sugarcandy beaten small, of each an equal quantity to your taste, to which put Rhubarb in powder, a third part or more, with as much Cream of Tartar pulverised; put it in a box, and keep it in your pocket, and eat as much of it as will lie on a six pence, twice or thrice in a day for a week together, This will gently purge you, cool the blood, and expel the Winde out of the Veins. This hath holpen those that have not been able to go.

*An excellent Sear-cloth for a Bruise,
Strain, or Wound.*

Take one pint of Oyl Olive, Red Lead eight ounces, Virgins Wax four ounces, Oyntment of Populeon four ounces, the Oyls of Roses and Camomile, of each one ounce; set the Oyl on the fire, then melt the Wax in it, then put in the Populeon and Oyls, and when

when all are molten, put in the red lead, stir them well together, and let it boil till it be black, then dip in your clothes, and apply them to the places ill-affected.

Mr. Lumley, Chyrurgeon. His Pippin drink for a Consumption.

Take the thick paring of six pippins, boil them in three pints of Spring-water to a quart, then sweeten it with Sugar-candy, whereof drink the quantity of a Wine glass when you go to bed. In a Fever it is very good with a little Syrup of Lemons.

An approved Medicine for the Spleen.

Drink for three mornings together pure Whey, as it comes naturally from the Curd: the first morning two pints, the second morning three pints, the third morning four pints. The best exercise after it is gentle riding,

A rare Balsam.

Take Venice Turpentine one pound,
H 2 wash

wash it four times with fair water, and as many times in Damask Rose water, till it be as white as snow, then take an earthen pot of a gallon, make a hole in the bottom of it, which stop with a cork and a rag, and tie a string about the cork, into which pot put five pints of pure Oyl Olive, and three pints of Spring water, boil this half a quarter of an hour, then melt eight ounces of yellow Wax in a skillet, which put to the Turpentine in the pot, take it off the fire, and stir them together with a spoon, till they be well mingled, then pluck the cork out of the earthen pot, and set out all the water in a platter, and the Oyl and the Turpentine into the Wax in a large Basson, and set them over the fire stirring them well, then pour all out into a large earthen pan, and when it is through cold, melt it again on the fire, so that it will slip out, then pour out the water in the bottom, and melt it again on the fire, stirring all well together, and so put it up into Galli-pots for your use, and you have a most excellent Balsam made by decoction, whose effects follow.

The Vertues of it.

1. It is good for any inward wound squirted warm into it, and outwardly to it on fine Lint, and anointing the place. It also preserveth the wound from inflammation and putrefaction.

2. It heals any bruise or cut being first anointed therewith, and then a piece of lint dipped in it, and laid to the place.

3. It cures all burnings and scaldings.

4. It helps the Head-ache, anointing the Nostrils and Temples therewith.

5. It expelleth the winde Cholick, or stitch in the side, being anointed and applied four mornings with warm cloths, and every morning bathing it before the fire a quarter of an hour.

6. It helps a Surfet, taking one ounce thereof in warm Sack.

7. It preserveth from the Plague, onely by anointing the Lip and Nostrils therewith before the party goeth abroad in the morning.

8. It is good against Cancers and Worms, applied as before for a cut.

9. It helps digestion and keepeth

from Vermin, if the Navil or Stomach be anointed therewith, before the party goeth to bed.

The Operator that made it, healed himself being sorely scalded.

To cure the Rickets in Children. Approved.

Take a quart of new Milk, put into it one handful of Sanicle, boil it half away, and give it to the Patient Childe to drink in the morning for a breakfast, and let it not eat any thing for an hour or two after it; and at night take a quart of Milk, and one handful of red Mints, boil it half away as before, and let the Childe eat it last at night. This continue for a moneth, or longer, as occasion is. This quantity of Milk so made will serve for twice.

An Unguent to anoint the Ricketted Childes Breast.

Take fresh butter, Sanicle, red Mints, of each one pound, stamp the Herbs very small, then mix it with the butter to a perfect Unguent, and therewith anoint the childes breast every morning

ing and evening before the fire, you must anoint it from arm to arm, that it may open the breast, and also anoint the gullet bones, that they may open, for in this disease they will seem to close.

To anoint the Ricketted Childes Limbs, and to recover it in a short time, though the Childe be so lame, as to go upon Crutches.

Take a peck of Garden Snails, and bruise them, put them into a course Canvas Bag, and hang it up, and set a dish under it to receive the liquor that droppeth from them, wherewith anoint the Childe in every Joynt which you perceive to be weak before the fire every morning and evening. This I have known made a Childe that was extream weak to go alone, using it onely a weeks time.

A Plaister for an Ague.

Take strong Leaf Tobacco six drams, Currans a small handful, and as much Bores Grease as will make it into a salve, by beating and stamping together in a

Mortar of stone; when it is beaten to a salve, take two pieces of sheeps leather, and spread the salve an inch thick on both of them; and lay them upon the veins of both wrists twenty four hours before the fit cometh. This will cure either a quartane or Tertian Ague.

A dainty cooling Drink for a hot Fever.

Take French Barley one ounce, boil it first in a quart of fair water a good while, then shift it, and boil it in another quart of water a good while, shift it again, and boil it in a pottle of running Spring water to a quart, then take two ounces of sweet Almonds, lay them to soak all night; then stamp and strain them into the last Barley-water; put to it four spoonfuls of Damask Rose-water, the juyce of one Lemon, and with Sugar sweeten it to your taste, drink of this often in the night, or when you are dry or hot.

To clear the Stomach, and comfort it.

Take a pint of Sherry Sack, put in it two ounces of Jean Treacle, and four

four ounces of white Sugarcandy, boil them into a Syrup with a soft fire, and take one spoonful in the morning fasting.

A Plaister for the same.

Take a red Rose Cake, and toste the upper side of it at the fire, stick it thick full of Cloves, and dip it in a little quantity of *Aqua vite* and white Wine Vinegar warmed very hot in a Chafing-dish of coals, lay it to the Stomach as hot as can be suffered, and binde it fast on all night.

For a Rupture.

Take a sheet of Cap Paper, wet it in water, and fold it so wet, and lay it upon the Rupture, the party lying upon his back, but close up the Rupture first with your fingers, and so binde it down until it be dry, and then it will hold and grow with the flesh, you may wear a Truss upon it if you will.

*To procure speedy Deliverance to a Woman
in Labour with Childe.*

Take a pint of Ale, and boil it, and put to it a Womans Milk to make a Posset of it, and let the Woman in Travel drink it; this hath procured easie and speedy Deliverance to divers Women in Childe-birth.

*To cure a great Flux or Looseness
of the Belly.*

Take a hard Egg, and peel off the shell, and put the smaller end of it hot to the Fundament or Arse-hole, and when that is cold, take another such hot, fresh, hard, and peeled Egg, and apply it as aforesaid.

For to strengthen weak Eyes. Mr. Stepkins

Take one pint of red Rose water, Sugarcandy one ounce, Lapis Tutia two drams, both finely pulverised, put them into the Rose water, and stir them well together, and after it hath stood twenty four hours, wet a bit of new clean
sponge

sponge in the said water, and wash the
fore eyes therewith lying backward, and
when the water is almost spent, put into
the glass more red Rose-water.

A rare Oyl, or St. Johns-wort.

Take a quart of Oyl Olive, one pint
of White Wine, two handfuls of Saint
Johns-wort stripped, seeds and all, bruise
them, and put them into the Oyl, and
put to it Oyl of Turpentine two ounces;
put all into a great double glass close
stopped, and set in the Sun ten dayes;
then put the glass, with all that is in it,
into a Kettle of Water, with some hay
or straw in the bottom, and let the wa-
ter boil gently for ten or twelve hours,
then strain the Hearbs from the Oyl, in-
to which Oyl put as much fresh Saint
Johns-wort and seeds bruised, and let
it stand ten dayes more in the sun: this
Oyl will be then of a deep red colour,
and will last seven years; it is good to
heal any wound, the venemous bitings of
Dogs or Serpents, and for Sprains.

A Glyster for a hot Feaver.

Take one handful of French Barley, boil it a while in water till it be red, then pour off the water, and put the Barley into a quart of running water, with Mallow and Strawberry leaves, of each one handful, a few dried Cammille flowers, and a spoonful of Anniseeds bruised; then boil it half away, and strain it out, put to the liquor a sawcer of Oyl Olive, and four ounces of brown Sugar, with four spoonfuls of Syrup of Violets, use it something more then lukewarm.

*An excellent Drink to keeps ones
Month moist.*

Take of Rosemary, Cinquefoil, and a stick of Liquorish bruised, see the them in a quart of fair water till half be consumed, then strain it from the Hearbs, and put in Sugarcandy, and let it see the a while again, and then take it off the fire, and let the Patient drink thereof cold or lukewarm.

To stay Vomiting.

Seethe a good quantity of Cloves in Ale very well, that it may be strong of the Cloves, then sweeten it with Sugar, and drink it warm.

An excellent Receipt for Swounding, and bringing quickly to Life.

Take of the common round black Pepper, and bruise it a little, and take half a sheet of white paper, and fold it up together, and between every fold strew some of the same, and burn the one end thereof in the fire, and hold it to the Nostrils, it is very good.

Against Fainting.

Take Amber and scrape it, and put it in a spoonful of hot broth, and take it in the morning fasting, or at other time when you finde your self faint, and fast an hour after.

*Dr. Lukeners Medicine to strengthen
the Back.*

Take a pottle of fair water , and a Cock Chicken , then take three French Crowns weight of Sassafras, as much of China wood, one dram of orango roots, one dram of Marsh Mallow roots, scrape and cut all these in small pieces , and put them in a close Pipkin , and paste it fast, that no air come out ; and let it stand twenty four hours upon the fire and stew, but never boil ; then open the pipkin , and put in one French Crowns weight of Fennil-seed , and red Rose leaves, Borage, Bugloss, and Rosemary flowers , of each a small quantity, of Prunes and Raisins of the Sun , each a handful, the bottom of a Manchet, boil all these together very well till it come to a pretty thick broth , then strain it, and let the Patient take of this a reasonable draught at eight in the morning, and at four in the afternoon three dayes together.

To hold Urine.

Take the Claws of a Goat, and burn them to powder, and let the sick use hereof in their pottage a soonful at once, it will help them.

To stay Looseness.

Take Sage, and dry it on the fire between two dishes, and then put it in a linnen bag, and sit upon it as hot as you can suffer it, and continue it till you finde ease.

A singular Medicine that the marks of the Small Pocks be not seen.

Take a fat piece of Beef being throughly powdered, and boil it a great while, then take a good quantity of the fattest broth, and strain it, and put thereto a quantity of red Rose water, and beat them well together a good while, and when the pocks begin to itch, anoint two or three times a day herewith till they be clean gone, and when the party is throughly well, let them

them take the broth of lean powdered Beef, and mingle it with white Wine, and so let them wash their Face therewith, and it shall bring it to smoothness and colour, as it was before; in any wise keep not the throat nor face too hot.

To dry up the Small Pocks.

Take half a pint of new cream, and as much Saffron as will make it of a deep Saffron colour, and boil together half a quarter of an hour, and keep it in a glass, and when the Pocks begin to wheal, warm some of the Oyntment in a Sawcer, and anoint them with a feather twice a day till they be dried up.

*Dr. Eaglestones Cure for the Small Pocks
or Measles.*

Take a quart of Ale or Beer, and see the it in a skillet, and put thereto a good handful of Fennel, and six or seven Figs scraped, and cut in pieces, two good spoonfuls of Anniseeds, and a little Saffron, put all these to the drink, and let them see the together till the liquor be more then half consumed, and in the
see the

of Bores grease half an ounce, of Sheeps suet two ounces, of Neat-foot Oyl two ounces, of Plantane and Rose water each two drams, of Spike water one dram, of Dragon water half an ounce, as much of Borage water, and Dr. *Stevens* water, two Nutmegs, twelve Cloves, and some Mace of the best, beat them small together, and put them into a pot, and boil it over a soft fire, untill it become a Salve; then chafe the place where the party is grieved as hot as he may suffer, and then spread it on a fine linnen cloth, and lay it upon the place six or eight dayes.

*The Countess of Mounteagles excellent
Medicine for the Cramp. Proved.*

Take a handful of the Herb called Perriwinkle, some of it beareth a blew flower, and some white, and also take a good handful of Rosemary tops, put them into a Pewter dish, and set them upon coals, dry them and turn them very often, and when they are very hot, lay them upon the place that is so taken with the Cramp, and binde a cloth upon them, when you go to bed,
and

and this will help you, take it in the morning, and lay fresh at night.

*A Posset-drink for one that is Heart sick
to remove it thence, though it be
the Plague.*

Take Ale and make Posset-drink thereof, and clarifie it, then take Pimpernel, and see the in it till it be strong of it, and drink often thereof.

Remedies against the Falling-sickness.

Take Powder of Harts-horn, drink it with Wine, it helpeth that disease: so do Ravens Eggs taken with the juyce of Wilde Rue, and the juyce of Mistletoe.

To avoid Phlegm.

Take clarified Posset-drink, and put thereto sweet butter, the yolk of an Egg, and a little small Ginger, Hysop, red Mints and Sugar; let these see the all together, and drink thereof first and last as warm as you can suffer it.

*A very good means to stay a Looseness that
happpeneth in Childe-bed.*

First in the water you mean to use, quench a gad of Steel sundry times, then take the inward barks of the Sloe, of the Bramble, and of the young Oak, of each a like quantity, and so much as will suffice according to the liquor you intend to make; if you use three pints of water, a pretty handful of each bark will serve finely scraped; when they are well boiled, that one pint is wasted, strain your liquor, and make it into Almond Milk, with unblanched Almonds finely grown, then with well boiled Ivy thicken your Milk, and other Rice broth, and season it with Sugar and Cinamon finely beaten, let the party forbear drink as much as may be, and eat thereof once in two or three hours, a little at once, as her stomach will serve. If she have any gripe in her belly, I wish this to be used, which I know to be singular good for any stoppage by sudden cold in Childe-bed. Gather a great deal of Cammille, and heat it well between two
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Chargers upon a Chafing-dish of Coles, and when the moisture of the Herb is somewhat spent, strew in a handful of bruised Cummin-seed, and sprinkle it now and then with a little Malmsey, and so being a little dryish, put it into a thin bag, and apply it to the belly as hot as may be suffered, and as it cooleth, warm it again, till she have ease: instead of Malmsey you may use Muscadine. This hath been many times proved.

For a Knock or Bruise in the Face.

Take a piece of brown paper, and wet it in beer, and lay it where the knock is, and as it beginneth to dry, lay on fresh a good while together.

For a Wen.

Take Stone Lime and put it into water, till it have done boiling, then take a quantity of it, and mix it with some barrel Soap, laying them both on a cloth, let it be applied to it, and it will eat away the Wen.

For

*Mr. Potter Chyrurgeon. His Cure for a
man that is bursten.*

Take the roots of baked Fern, and the Roots of Elecampane, of each a like quantity, wash and pare them clean, cut them as small as you can, and stamp them in a Mortr as fine as you can, and temper it with Oyl of Bay, and two spoonfuls of Oyl of Exceter, and when you have made the Salve, spread it upon his Cod to his Belly, and lay the Plaister upon the hole, and remove it every two dayes, and then use another space of ten dayes, you must use another Salve or Plaister as followeth. Take a quarter of a pound of _____ and the white of three or four Eggs and temper them together; and when they are well tempered, put in two spoonfuls of Pef-colion, temper all these together, and use the same as you did the former salve: when you take off the Plaister, you must lay fine clothes under the bolster of the Truss, until you think the skin be grown.

A medicine to destroy Warts.

Take Radish Root, and sliced it thin,
I _____ and

and put it in a pewter dish, and cast salt upon it, and cover it with another dish, and shake the slices up and down, and then take a piece thereof, and rub the Warts therewith, then throw away that, and use another, so three or four times in a day.

To take away Corns.

Take Hogs Grease that is not tried, and beat it with a Pestle, and spread it upon a piece of white Cotton on the rugged side, and binde it on the Corns, dressing it once or twice a day, and it will wear them away.

To take away Freckles or Morphem.

Take four spoonfulls of *May dew*, and one spoonfull of the Oyl of Tartar, mingle them together, and wash the places where the freckles be, and let it dry of it self, it will clear the skin, and take away all foul spots.

rise, about some four times, then take Barberries, and take the outside Rinde of them, and beat them into very fine powder, and take every morning and evening, and drink either a draught of the said Water, or small Beer after it: continue this, and it will cure you.

*For an Ague congealed, or fallen into
a Womans Breast.*

Take a quantity of stone Honey, and the rustiest Bacon you can get, Smallage, Alexander, red Cole, Marigolds with black seeds of Groundsel, Plantane, and Sage, of each a quantity; put all these in a mortar and stamp them as small as you can, then lay the Salve upon a piece of white Leather, and to the place where you would have the Breast break; the Plaister must be spread upon the rough side of the leather.

*An approved Medicine by the Lady Bray
for the Ague falling into any part
of the Body.*

Take of Parsley one little handful, Smallage and Hemlock of each as much, chop them small, then stamp them and
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put thereto a quantity of Barrows grease, and stamp them all together, then boil them a good space, stirring it continually until it wax green, then strain it, and when you use thereof, take some in a sawcer, and anoint the place with a feather against the fire.

The Lady Arundels especial Remedy for the Stone, Back, or Stomach, or to make a Woman Conceive.

Take the roots of Sea-holly, (it groweth by the Sea side, like little Trees of half a yard long, some name them Erin-goes) and make it in Syrup, and eat of it in the morning fasting, and at four a clock in the afternoon, and before you take it, take some gentle Pills, but once in the beginning.

The Lady Dacres Medicine proved, for the Stone and Stranguary.

Take black Bramble-berries when they be red, Ivie-berries, the inner pith of Ashen Keys, Eglantine-berries, the Nut Keys, the roots of Filipendula, of all these a little, Acrons, and the stones of

of floes, of each a like quantity, but not so much of either of these as half of any of the other, dry all these in platters in an Oven, till they will be beaten to powder, then take Cromel-seed, Anniseed, Saxifrage, Alexanders, Parsley, Corianders, Fennil-seeds, the seeds of each of these the like quantity of the first, and dried in like sort, then beat all together in the like sort to fine powder, then take Liquorish fair scraped the best you can get, as much in quantity as all these, and beat it fine, and mingle it with the powder, and keep it close from the winde, and soue it morning and evening with Posset Ale, with Time of the Mount boiled in it, make your Posset drink with white Wine, or other drink, and when you eat any pottage or other broth, put some of the powder in it if you be sore pained, and if you have any Stone, it will come away in shivers, and if it do so when you drink, your water is clear, take this drink following, and it will leave no corruption or uncleanness in the bladder.

The Drink.

Take Rosemary and wilde Time, and seethe them in running water with as much Sugar as will make it sweet; boil it from a quart to a pint, use the quantity of the Herbs to your discretion, so that it may savour of them well, and use it nine mornings, six or seven spoonfuls at a time.

Mr. Eldertons Medicine for the extremity of the Chollick and Stone.

Take Ashen Keys, and dry them in an oven, take out the Kernels from the Husks, beat them into powder, and searse them fine, and keep it; then take Eglantine berries, dry and beat them as the other, then take of them with a feather, then searse it as above, take House-leek, dry and searse it as the other, take a little quantity of the three powders, and put them together, take Anniseeds, and Liquorish, of each a little quantity, dry them severally and powder them, being fine searsed, put them with the other three powders, a little quantity of

of both, and take a spoonful of these powders or less, and mingle all together, and put into it three or four spoonfuls of white Wine or Ale, and drink it in the morning, fasting one hour after it: thus drink it once in six dayes, or else when you are grieved, and you shall never finde pain of the Cholick nor Stone. The seed of great Nettles must be beaten to powder, and mixt with them, and it will be better.

For a Pin or Web in the Eye far gone.

Take the Marrow of a Goose-wing, and mingle the powder of ginger therewith, dress the eye therewith two or three times a day.

A Medicine for the Eye Aching, or Redness thereof.

Take a vial glass, and fill it full of fair running water, and put into it fine Sanguis Draconis, the quantity of a Hazle Nut, it will help the Eye.

For sore Eyes that come from hot humors.

Take Elder leaves, and chafe between your hands, and lay it to the Nape of the neck.

For the Pin and Web in the Eye, so it be taken before the sight be quite extinct.

Take a little handful of three leaved grasse, that hath the sign of the Moon in it, as much roots and leaves of Daisies, and seven or eight corns of Bay-salt, beat all these together, then strain them through a cloth, and take two new laid Eggs, and beat the whites of them a good while, then let them stand a quarter of an hour, and then take off the froth clean, and take the clear of the whites, as much as the quantity of the juyce of the said Herbs, then take the quantity of two Hazle Nuts of English Honey and stir them together, then let the party be laid upright, and drop three drops with a feather into the Eye, and lie still a good while after: this must be used at least twice a day.

For

For red Eyes, Pearl, Pin, or Web.

Take Verjuyce that is made of Grapes, and put it morning and evening into the sore Eyes; some will put a little Salt with it.

Dr. Friers excellent Remedy for Heat and Pimples in the Face.

Take of Plantain leaves four little handfuls, and of Mallows or Tansey one little handful, of Cinquefoil half a little handful, and as much of Strawberry leaves, there must be this quantity of every sort; when they are pickt clean, then take a pottle of New Milk hot from the Cow, and put it in a still with the same herbs until it be dropped a quart, then let it drop no more; you may keep it a whole year in a glass, when you use it wet a cloth in some of it, and wash your face at night in bed, and often in the day: the best time to still it is in *May*.

For Heat or Scurf in the Face.

Take a Pint of Cream, as thick as

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can be scummed, then take of cammomil one little handful, pick, wash, and shred it very small, then put it into the cream, and let it boil very softly till it comes to an Oyl, never stirring it after the putting in the herbs at first, but scum it clean when you see the Oyl come to the top; then let it boil a little faster, and then strain it through a fine linnen cloth, and then anoint the face therewith.

A very good Medicine for a Tetter.

Take red Dock roots, wash them, scrape them, and cut them into slices, and lay them in white Wine Vinegar a night or a day, and then use it to the place grieved, washing the place with the root, and the liquor many times.

To skin the rawness of a Womans Nipple.

Take a Deers foot, and take the marrow thereof, and anoint the nipple therewith.

To dry up Milk in a Womans Breast.

Take a quantity of Aqua vitæ, and a
quan-

quantity of sweet Butter, melt and temper them together, and anoint the Breast therewith, laying a brown paper betwixt them, and so do as often as the paper drieth, till the Milk be dried up: this is also good to keep the Ague out of the Breast.

To make a woman have a nipple that hath none, and would give suck

Take a Wicker Bottle that hath a little mouth, and fill it full of hot water, and stop it close till the bottle be through hot, then let out the water, and set the mouth of the bottle close to the Nipple; as long as there is any heat in the bottle it will cleave fast.

To heal the Nipple of a Womans Breast.

Take a quantity of Cream, and put it into the juyce of Valerian stamped and strained, and as much of the juyce of sea-green used in like sort, boil all these together till it come to be as Butter; then take it, and put it into a box, and anoint the Nipple therewith three or four times a day, and lay a Walnut shell,

or some other hollow thing over it to keep the clothes from it till it be whole, or else make a Posset Ale of Alom , and lay the curd to the Nipple warm , till the childe doth suck, and then lay on again.

A Medicine for Worms in young Children.

Take a Plaister of white Leather or brown paper, and spread it with Honey, warm it a little against the fire , but first strew some of the best Aloes Succotrinæ thereon , then lay it all over the Stomach of the Childe warm ; the like plaister is to be laid on the Childes Navil at the same time ; if you have no Honey , mix the juyce of Plantain, and lay it on the leather.

Dr. Forsters Infusion purging Choller.

Take Damask Roses two ounces , or Rhubarb two drams and a half , of Spikenard one scruple , of Orcin one scruple, cut all small, and infuse in a quart of clarified whey all night , in the morning strain gently, and put to it one ounce of Syrup of Roses, or Syrup of Violets.

Dr.

Dr. Fosters Infusion purging Melancholly.

Take Fumitory, Epithymum, flowers or leaves of Borage and Bugloss, of each a good half handful, Polypody of the Oak one ounce, Sena half an ounce, Fennil-seed two drams, Whey three pints; infuse and boil to a quart, whereunto adde two ounces of Syrup of Roses solutive; the dose is half a pound, you may quicken a draught with a dram of Electuary of Roses.

An opening purging Julip, and cooling for Choller and hot Humors.

Take of Barley two little handfuls, of Savory with the roots, Maidenhair, Liverwort, Sorrel, each half a good handful, of roots of Grass, of Fennil, each half an ounce, of the four cold seeds each two drams, boil them in a sufficient quantity of Succory water unto sixteen ounces, in which infuse half an ounce of Sena Tamarindes, and Polypody, of each three drams, Jalap and Hermodactils, of each two drams, Fennil-seed, Anniseed, and Liquorish, of

K 5

each

each one dram, Currans bruised half an ounce, of Borage, Bugloss, and Rosemary flowers, of each one dram; infuse these warm, then boil them until five ounces of the Succory Water be consumed, then strain it, and adde the expression of four scruples of Rhubarb infused in three ounces of Manna, and syrup of roses one ounce, of the Christals of Tartar one dram, mingle them: the Dose is four or five ounces every morning.

Doctor Mores Powder, or grossly prepared Drug to be taken in mornings, and after Meals, to mend Concoction, comfort the Brain, break Winde, and make sweet Breath.

Take Liquorish cut small, Anniseed Comfits with one skin of Sugar, of each two ounces, sweet Fennil seed Comfits with one skin of Sugar, Corianders prepared, and Caroway-seed of each one ounce, of white Ginger, Cinamon, Calamus Aromaticus, and Nutmegs, of each one ounce cut very small, of the Lozenges of Aromaticum Rosatum, of Manus Christies, with Chymica, Oyl of Cinamon, Cloves, and Lozenges of Diambra

ambra cut into small pieces, each half an ounce, to be taken about a spoonful at the time aforesaid.

*Lucatello's Balsam admirable for
all Wounds.*

Take Venice Turpentine one pound, Oyl Olive three pints, Sack six spoonfuls, yellow Wax one pound, natural Balsam half an ounce, Oyl of Saint Johns-Wort, red Sanders powdered, of each one ounce, wash the Venice Turpentine three times in red Rose-water; then slice the Wax thin, and set it on the fire in a big Skillet, and when it is well molten, put the Turpentine to it, and stir them well together till they boil a little, take it off the fire, and let it cool till the next day, then cut it into thick slices, and pour all the water out of it, then set it on the fire again, and when it is molten, stir it well, and put it into the aforesaid Oyls, Sack, Balsam and Sanders, and stir them well together that they may incorporate, then let it boil again for a short space, take it off the fire, and stir it well for the space of two hours, that it may become
thick,

thick, and when it is cold, put it up in several Gallipots, and when you use it, apply it tented into a deep and hollow wound, if it be onely a slit cut, anoint the wound with it, and binde it fast on with the cloth.

A Purge by Dr. Mayhern.

Take of the best Sena six drams, of Rhubarb two drams, Cream of Tartar half a dram, of sweet Fennil-seed as much, and a little Cinamon; infuse all these one night in half a pint of white Wine, in the morning let it boil one walm or two, strain it, and put of the best Manna an ounce, dissolve it over the fire, then strain it again, then put to it an ounce of Salatine syrup of Roses; so drink it, fast two hours after from meat, and drink & sleep, and then drink nothing but thin broth.

An approved Medicine to beautifie the Face, or to take away Pimples or Heat in the Face.

Take a fair earthen Pipkin, and put into it a pottle of clean running water, and an ounce of white Mercury beaten to

to white powder, then set it on the fire, and let it boil until one half be consumed, and keep it close covered saving when you stir it, then take the whites of six new laid eggs beaten half an hour or more, and put it into the liquor, after it is taken from the fire, you must put in also the juyce of Lemons being very good, and half a pint of new Milk, and a quarter of a pound of bitter Almonds blanchd and beaten with half a pint of Damask Rose-water; strain all these together through a strainer, and let it stand three weeks before you use it, and I will warrant you fair, &c.

An excellent water for the Eyes that are red or full of Rhume.

Take young Hazle Nuts when they are so soft, that you may thrust a pin through them, still them in a Rose still, Husks, Shells and all, and with the water wash your eyes.

To cure a Wound though the Patient be never so far off.

Take a quart of pure Spring water, and put into it some Roman Vitriol, and

and let it dissolve, then if you have any blood of the wound either in linnen or woollen, or silk, put the cloth so blooded in the water, and rub the cloth once a day, and if the wound be not mortal, the blood will out, if it be, it will not. Let the patient keep his Wound clean, washing it with white Wine; when ever you wash the cloth, the party wounded shall sensibly finde ease: let the cloth be constantly in the water.

To make Oyl of Swallows.

Take swallows as many as you can get, ten or twelve at the least, and put them quick into a Mortar, and put to them Lavender, Cotton, Spike, Cammomil, Knot-grass, Ribwort, Balm Valerian, Rosemary tops, Woodbine tops, strings of Vines, French Mallows, the tops of Alehoof, Strawberry strings, Tutsane, Plantain, Walnut leaves, tops of young Bayes, Hysop, Violet leaves, Sage of vertue, fine Roman Wormwood, Brooklime, Smallage, Mother of Time, of each of these a handful, two of Cammomil, and two of red Roses, beat all these together, and put thereto a quart of Neats-

Neats-foot Oyl, or May Butter, stamp them all together, and beat them with one or two ounces of Cloves, and put them all together in an earthen pot, stop it very close with a piece of dough round about, so close that no air can come out; set them nine days in a cellar, and then take them out, and boil them six or eight hours on the fire, or else in a pan of water; but first open your pot, and put in half a pound of Wax, white or yellow, whether you will, and a pint of Sallet Oyl, and strain them through a Canvas cloth.

To make Lead Plaister.

Take two pound and four ounces of the best and greenest Sallet Oyl, with a pound of good red Lead, and a pound of white Lead, beat them well into dust, then take twelve Ounces of Castle-Sope, incorporate all these well together in a well glassed and great earthen pot, that the Sope may come upwards, set it on a small fire of coals the space of one hour and a half, alwayes stirring it with an iron ball, or round Pommil: then make your fire somewhat bigger until it

it be the colour of Oyl, then drop a little on the board, and if it cleave neither to your finger nor the board, then it is enough; then take the clothes and make them into what breadth or size you please in Searcloth, let not your cloth be coarse, but of a reasonable new Holland, and when you have dipped them, then rub them with a Slick-stone, it will last two years, and the elder the better, as long as it will stick it is good.

The vertues of the Leaden Plaiſter.

1. If it be laid to the Stomach, it provoketh appetite, and taketh away any grief in the same.

2. If laid to the belly, it is a present remedy for the ache.

3. If laid to the Reins of the back, it cureth and healeth the Bloody Flux, the running of the Reins, heat in the Liver, or weakness of the Back.

4. It healeth all bruises and Swellings, it taketh away aches, it breaketh Fellons, Pushes, and other Impostumes, and healeth them.

5. It draweth out any running Humour without breaking of the skin, and being applied to the Fundament, it
healeth

healeth any disease there growing.

6. The same laid to the head is good for the eyes.

7. The same laid to the Belly of a Woman, provoketh the Tearms, and maketh apt for Conception.

For the Stone and Gravel.

Take and dry the roots of red Nettles, make them into powder, and drink a spoonful of the powder in a draught of white Wine something warm, and it will break the Stone, though it be never so great, with speed, use it every day until the Stone and Gravel be all broken and consumed. A thing of small price, and great vertue.

A drink to purge the body, being very good for them that have the Scurvey, or are inclined to it.

Take a pottle of fine running water, and a pint of Rhennish Wine for a young body, and for any elder, take a quart, set it on the fire, put into it three or four slices of Horse Radish, a great handful of Water Cresses, and a handful

ful of Brooklime, both a little bruised, slice in two or three Oranges, outfides and infides, let them boil all together better then half an hour, then have ready a greater quantity of scurvey-grass bruised, or a pint of the juyce of Scurvy-grass ready strained, and put into the liquor, and set over the fire again, then there will arise a curd, which being taken off, put it into the drink when it is cold, three or four Lemons more, or less as best pleaseth the taste, sweeten it with Sugar, and drink a Wine draught in the morning, and at four a clock in the afternoon, and then walk and use some exercise after it. The party that hath the scurvey, and whose legs are much swelled, may put into the drink some Juniper berries bruised, half an ounce, or thereabouts.

*Dr. Bates his Medicine against a
Consumption.*

Take Liverwort two handfuls, Succory six, Endiffe, Borage, Colts-foot, of each six handfuls, shred these finely, put them in a gallon of new Milk, let them steep all night, in the morning di-

distil them in a glass still, then take three spoonfuls of red Rose-water, three spoonfuls of this water; with half a pint of red Cows Milk, and as much Sugar of Roses as will sweeten it.

To make Gascony Powder.

Take the black tips of Crabs claws, gotten when the Sun is in *Cancer*, pick out from within them all the fish, beat them to as fine a powder as you can, then searse it through a very fine searse, take an ounce of this powder, and put to it half an ounce of the Magestical of Pearl, and as much of the Magestical of Coral, mix them well together, then put a little Rose-water in a glass, in which you must hang a little Saffron in a bag, and a little Musk and Ambergrece in another; let them hang in Rose-water two or three dayes, till the vertue of them be gone into the water, then put your powder either into a Silver Porringer, or a white earthen one, and put as much of the Rose-water as will moisten your powder, then dry it in the Porringer by a gentle fire, and so wet your powder three or four times, and

as often dry it , after this make a Gelly as followeth.

Take a Viper alive in *May* or *June*, cut off his head and tail , above the Navil pull off his skin , and with a cleane cloth rub it dry , and so you may hang them up , and take two of those skins, and slice them small with a little Harts-horn ; and make a Gelly of them , you need not make much , then when your powder is dry, wet it three or four times with this Gelly, and as often dry it, and at last put no more Gelly then will moisten the powder , then make it up in balls as big and as little as you please, and dry them in a stove ; and so keep them all the year.

Take of this powder twelve or fourteen grains , either dry, or in a spoonful of small beer , in which there is a little Syrup of Clove-gilly-flowers.

Certain Plaisters and their Uses.

1. *Emplast. Deminum* two pound ; it is good for all kinde of bruises, or biles, or old sores, &c.

2. *Emplast. Mellilot* two pound ; it is good for all sorts of green Wounds or bruises

bruises or swellings, or to breed flesh being wanting.

3. *Diapalma* two pound; it is a very fine drying Plaister, and a good defensive to defend wounds from Inflammation, &c.

4. *Oxicroceum* four ounces; it is an extraordinary good warming Plaister for broken bones, or any cold cause, &c.

Certain Oyntments, and their use.

1. *Unguentum Dalthea* one half pound; it is good to assuage pain, dissolve swellings or hardness.

2. *Unguentum Populeon*; it is a great cooling Oyntment for fire, or any great inflammation, or any burning.

3. *Unguentum Album* six ounces; a fine cooling skinning Oyntment to mix with others, &c.

4. *Unguentum Nervinum* four ounces; it is good for all cold causes of the Sinnews or Joynts.

5. *Unguentum Tutie* two ounces, good for watring sore Eyes.

6. *Unguentum Basilicon* seven ounces,
good

good to fill hollow Ulcers with flesh, and apply a Plaister on the top of it.

7. Balsam two ounces good for all sorts of green wounds, being put in warm.

A receipt of the Oyl of St. Johns-wort.

Take a quart of the best white Wine, infuse therein pickt flowers of Saint Johns-wort, then stow those flowers very dry, and put in more into the same Wine, infuse them again, so long that the Wine be very strong and red coloured with the Saint Johns-wort, then strain out the Wine clear from the flowers, put thereto a pint of the best Sallet Oyl, a quarter of an ounce of Cinamon bruised, a quarter of Cloves bruised, one race of very good Ginger sliced, one good handful of the yellow flowers of Saint Johns-wort pickt very clean; boil all these on a very soft fire, till the Wine be all evaporated, when it is almost boiled, put in one good spoonful of pure Oyl of Turpentine, let that boil in it a little; so keep it for your use, the elder the better.

A
QUEENS DELIGHT:
O R,
THE ART
O F
*Preserving, Conserving,
and Candyng;*

As also,

A right Knowledge of
making P E R F U M E S, and
Distilling the most
Excellent Waters.

Never before Published.

Printed by R. Wood, for Nath. Brooke, at
the Angel in Cornhill, 1660.



A
 QUEENS DELIGHT;
 OF

*Conserves, and Preserves, Candy-
 ing and Distilling waters.*

To preserve white Pear-plums or green.



Take the Plums, and cut the
 stalk off, and wipe them,
 then take the just weight
 of them in Sugar, then
 put them in a skillet of wa-
 ter, and let them stand in and scald,
 being close covered till they be ten-
 der, they must not seethe, when they
 be soft, lay them in a dish, and cover
 them with a cloth, and stew some of
 L 2 the

the sugar in the glass bottom, and put in the Plums, strewing the Sugar over till all be in, then let them stand all night, the next day put them in a pan, and let them boil apace, keeping them clean scummed, and when your Plums look clear, your syrup will gelly, and they are enough. If your plums be ripe, peel off the skins before you put them in the glass; they will be the better and clearer a great deal to dry, if you will take the Plums white; if green, do them with the rines on.

To preserve Grapes.

Take Grapes when they be almost through ripe, and cut the stalks off, and stone them in the side, and as fast as you can stone them, strew sugar on them; you must take to every pound of Grapes three quarters of a pound of Sugar, then take some of the sower Grapes, and wring the juyce of them, and put to every pound of Grapes two spoonfulls of juyce, then set them on the fire, and still lift up the pan and shake it round, for fear of burning to, then set them on again, and when the Sugar is melted

ed, boil them as fast as you can possibly, and when they look very clear, and the syrup somewhat thick, they are enough.

To preserve Quinces white.

Take a pair and coar them, and to every pound of your equal weights in Sugar and Quince, take a wine pint of water; put them together, and boil them as fast as you can uncovered; and this way you may also preserve pipins white as you do Quinces.

To preserve Respiss.

Take a pound of Respiss, a pound of fine Sugar, a quarter of a pint of the joyce of Respiss, strew the sugar under and above the respiss, sprinkle the joyce all on them, set them on a clear fire, let them boil as soft as is possible, till the syrup will gelly, then take them off, let them stand till they be cold, then put them in a glass. After this manner is the best way.

To preserve Pippins.

Take fair Pippins, and boil them in fair water till they be somewhat tender; then take them out, and peel off the skins, and put them into a fair earthen pot, and cover them till they be cold, then make the Syrup with fair Water and Sugar, seethe it, and scum it very clean, then being almost cold, put in your Pippins, so boil them softly together, put in as much rine of Oranges as you think will taste them, if you have no Orange take whole Cinamon and Cloves, so boil them high enough to keep them all the year.

To preserve Fruits green.

Take Pippins, Apricocks, Pear-plums, or Peaches when they be green, scald them in hot water, and peel them or scrape them, put them into another water not so hot as the first, then boil them very tender, take the weight of them in Sugar, put to it as much water as will make a Syrup to cover them; then boil them something leasurely,
and

and take them up, then boil the Syrup till it be somewhat thick, that it will batten on a dish side, and when they are cold, put them together.

*To preserve Oranges and Lemons
the best way.*

Take and boil them as for paste, then take as much Sugar as they weigh, and put to it as much water as will cover them by making a Syrup, then boil them very leasurely till they be clear, then take them up, and boil the Syrup till it batten on the dish side, and when they are cold put them up, &c.

An approved conserve for a Cough or Consumption of the Lungs.

Take a pound of Elecampane roots, draw out the pith, and boil them in two waters till they be soft, when it is cold put to it the like quantity of the pap of roasted Pippins, and three times their weight of brown Sugarcandy beaten to powder; stamp these in a Mortar to a Conserve, whereof take every morning fasting as much as a Walnut for a week or fortnight together, and afterwards but three times a week. *Approved.*

To make a conserve of any of these Fruits.

When you have boiled your paste as followeth, ready to fashion on the pie-plate, put it up into Gallipots, and never dry it, and this is all the difference between Conserves. And so you may make Conserves of any Fruits, this for all hard fruits, as Quinces, Pippins, Oranges and Lemons.

To dry any fruits after they are preserved, or Candy them.

Take Pippins, Pears or Plums, and wash them out in warm water from the syrup they are preserved in, strew them over with searfed sugar, as you would do flower upon fish to fry them; set them in a broad earthen pan, that they may lie one by one; then set them in a warm oven or stove to dry. If you will candy them withal, you must strew on sugar three or four times in the drying.

To preserve Artichocks young, green Walnuts and Lemons, and the Elecampane roots, or any bitter thing.

Take any of these, and boil them tender, and shift them in their boiling six or seven times to take away their bitterness; out of one hot water into another, then put a quart of Salt unto them, then take them up and dry them with a fair cloth, then put them into as much clarified Sugar as will cover them, then let them boil a walm or two, and so let them stand soaking in the Sugar til the next morning, then take them up, and boil the Sugar a little higher by it self, and when they are cold put them up.

Let your green Walnuts be prickt full of holes with a great pin, and let them not be long in one water, for that will make them look black; being boiled tender, stick two or three Cloves in each of them.

Set your Elecampane roots, being cleane scraped, and shifted in their boilings a dozen times, then dry them in a fair cloth, and so boil them as is

above written, take half so much more then it doth weigh, because it is bitter, &c.

To Preserve Quinces white or red.

Take the Quinces, and coar them, and pare them, those that you will have white, put them into a pale of water two or three hours, then take as much Sugar as they weigh, put to it as much water as will make a Syrup to cover them, then boil your Syrup a little while, then put your Quinces in, and boil them as fast as you can, till they be tender and clear, then take them up, and boil the Syrup a little higher by it self, and being cold put them up. And if you will have them red, put them raw into Sugar, and boil them leasurely close covered till they be red, and put them not into cold water.

To Preserve Grapes.

Take the Clusters, and stone them as you do Barberries, then take a little more Sugar then they weigh, put to it as much Apple water as will make a Syrup to cover them, then boil them as
you

you do Cherries, as fast as you can, till the Syrup be thick, and being cold pot it. Thus may you preserve Barberries or English currans, or any kinde of Berries.

To preserve Pippins, Apricocks, Pear-plums, and Peaches when they are ripe.

Take Pippins and pare them, bore a hole through them, and put them into a pale of water, then take as much Sugar as they do weigh, and put it to as much water as will make a Syrup to cover them, and boil them as fast as you can, so that you keep them from breaking, until they be tender, that you may prick a rush through them: let them be a soaking till they be almost cold, then put them up.

Your Apricocks and Peaches must be stoned, and not pared, but the Pear-plums must not be stoned nor pared. Then take a little more Sugar then they weigh, then take as much Apple-water and Sugar as will make a syrup for them, then boil them as you do your Pippins, and pot them as you do the Pippins likewise, &c.

To preserve Pippins, Apricocks, Pear-plums, or Peaches green.

Take you Pippins green and quoddle them in fair water, but let the water boil first before you put them in, and you must shift them in two hot waters before they will be tender, then pull off the skin from them, and so case them in so much clarified sugar as will cover them, and so boil them as fast as you can, keeping them from breaking, then take them up, and boil the syrup until it be as thick as for Quiddony; then pot them, and pour the sirup into them before they be cold.

Take your Apricocks and pear-plums, and boil them tender, then take as much sugar as they do weigh, and take as much water as will make the syrup, take your green Peaches before they be stoned, and thrust a pin through them, and then make a strong water of ashes, and cast them into the hot standing lie to take off the fur from them, then wash them in three or four waters warm, so then put them into so much clarified sugar as will candy them; so boil them, and put them up, &c.

To

To dry Pippins or Pears without Sugar.

Take Pippins or Pears and prick them full of holes with a bodkin, and lay them in sweet wort three or four dayes, then lay them on a sieves bottom till they be dry in an Oven, but a drying heat. This you may do to any tender Plum.

To make Syrup of Clove gilly-flowers.

Take a quart of water, half a bushel of Flowers, cut off the whites, and with a Sieve sift away the seeds, bruise them a little; let your water be boiled, and a little cold again, then put in your Flowers, and let them stand close covered twenty four hours; you may put in but half the flowrs at a time, the strength will come out the better; to that liquor put in three pound of Sugar, let it lie in all night, next day boil it in a Gallipot, set it in a pot of water, and there let it boil till all the Sugar be melted, and the Syrup be pretty thick, then take it out, and let it stand in that till it be through cold, then glass it.

To

To make Syrup of Hyfop for Colds.

Take a handful of Hyfop, of Figs, Raisins, Dates, of each an ounce, of Collipint half an handful, French Barley one ounce, boil therein three pints of fair water to a quart, strain it and clarifie it with two whites of Eggs, then put in two pound of fine Sugar, and boil it to a syrup.

To make Orange water.

Take a pottle of the best Malligo Sack, and put in as many of the peels of Oranges as will go in, cut the white clean off, let them steep twenty four hours; still them in a glass still, and let the water run into the receiver upon fine Sugar-candy; you may still it in an ordinary still.

To dry Cherries.

Take a pound of sugar, dissolve it in thin fair water, when it is boiled a little while, put in your Cherries after they are stoned, four pound to one pound
of

of Sugar, let them lie in the Sugar three dayes, then take them out of the Syrup and lay them on sieves one by one, and set them before the Sun upon stools, turn them every day, else they will mould when they look of a dark red colour, and are dry, then put them up. And so you may do any manner of fruit. In the Sun is the best drying of them; put into the syrup some juyce of Rasps.

To make Juyce of Liquorish.

Take English Liquorish, and stamp it very clean, bruise it with a hammer, and cut it in small pieces; to a pound of Liquorish thus bruised, put a quart of Hyssop water, let them soak together in an earthen pot a day and a night, then pull the Liquorish into small pieces, and lay it in soak again two dayes more; then strain out the Liquorish, and boil the liquor a good while. Stir it often; then put in half a pound of Sugar-candy, or Loaf Sugar finely beaten, four grains of Musk, as much Ambergreece, bruise them small with a little Sugar; then boil them together till it be good and thick, still have a care
you

you burn it not ; then put it out in glass plates , and make it into round rolls , and set it in a drying place till it be stiff , that you may work it into rolls to be cut as big as Barley corns , and so lay them on a place again : If it be needful strew on the place a little Sugar to prevent thickning , so dry them still if there be need , and if they should be too dry , the heat of the fire will soften them again.

A perfume for Clothes, Gloves.

Take of Linet two grains , of Musk three, of Ambergreese four, and the oyl of Bems a pretty quantity ; grinde them all upon a Marble stone fit for that purpose ; then with a brush or sponge rake them over, and it will sweeten them very well ; your Gloves or Jerkins must first be washed in old red Rose-water, and when they are almost dry , stretch them forth smooth, and lay on the perfumes.

To make Almond Bisket.

Take the whites of four new laid Eggs,

Eggs, and two yolks, then beat it well for an hour together, then have in readiness a quarter of a pound of the best Almonds blanched in cold water, and beat them very small with Bosewart for fear of Oyling; then have a pound of the best Loaf Sugar finely beaten, beat that in the Eggs a while, then put in your Almonds, and five or six spoonfuls of the finest flower, and so bake them together upon paper or plates, you may have a little fine sugar in a piece of tiffany to dust them over as they be in the Oven, so bake them as you do Bisket.

To make Conserve of Roses boiled.

Take a quart of Red rose-water, a quart of fair water, boil in the water a pound of red Rose leaves, the whites cut off, the leaves must be boiled very tender; then take three pound of Sugar, and put to it a pound at a time, and let it boil a little between every pound, so put it up in your pots.

To make Conerves of Roses unboiled.

Take a pound of red Rose leaves, the whites cut off, stamp them very fine, take a pound of Sugar, and beat in with the Roses, and put it in a pot, and cover it with leather, and set it in a cool place.

To dry Apricocks.

First stone them, then weigh them, take the weight of them in double refined Sugar, make the Syrup with so much water as will wet them, and boil it up so high, that a drop being dropped on a Plate it will slip clean off, when it is cold; then put in your Apricocks being pared, whilst your Syrup is hot, but it must not be taken off the fire before you put them in, then turn them in the Syrup often, then let them stand three quarters of an hour; then take them out of the Syrup, and tie them up in Tiffanies, one in a Tiffany or more, as they be in bigness, and whilst you are tying them up, set the Syrup on the fire to heat, but not to boil, then put
your

your Apricocks into the Syrup , and set them on a quick fire , and let them boil as fast as you can , skim them clean , and when they look clear , take them from the fire , and let them lie in the Syrup till the next day , then set them on the fire to heat , but not to boil ; then set them by till the next day , and lay them upon a clean Sieve to drain , and when they are well drained , take them out of the Tiffanies , and so dry them in a stove , or better in the Sun with g'asses over them , to keep them from the dust.

To make Quinces for Pies.

Wipe the Quinces , and put them into a little vessel of small beer when it hath done working ; stop them close that no air can get in , and this will keep them fair all the year , and good.

The best way to break sweet Powder.

Take of Orrice one pound , Calamus a quarter of a pound , Benjamin one half pound , Storax half a pound , Civet a quarter of an ounce , Cloves a quarter
of

of a pound, Musk one half ounce, oyl of Orange flowers one ounce, Lignum Aloes one ounce, Rosewood a quarter of a pound, Ambergrease a quarter of an ounce. To every pound of Roses put a pound of Powder; the bag must be of Taffaty, or else the powder will run through.

To make excellent Perfumes.

Take a quarter of a pound of Damask Rose-buds cut clean from the Whites, stamp them very small, put to them a good spoonful of Damask Rose-water, so let them stand close stopped all night, then take one ounce and a quarter of Benjamin finely beaten, and also searsed, (if you will) twenty grains of Civit, and ten grains of Musk; mingle these with the Roses, beating them well together, then make it up in little Cakes between Rose leaves, and dry them between sheets of paper.

To make a very good Pomatum.

Take the fat of a young Dog one pound, it must be killed well, that the blood

blood settle not into the fat, then let the outer skin be taken off before it be opened, lest any of the hair come to the fat, then take all the fat from the inside, and as soon as you take it off sling it into Conduit-water; and if you see the second skin be clear, peel it, and water it with the other; be sure it cools not out of the water: you must not let any of the flesh remain on it, for then the Pomatum will not keep. To one pound of this fat take two pound of Lam's caule, and put it to the other in the water, and when you see it is cold, drain it from the water in a Napkin, and break it in little pieces with your fingers, and take out all the little veins; then take eight ounces of oyl of Tartar, and put in that first, stirring it well together, then put it into a Gallon of Conduit-water, and let it stand till night; shift this with so much Oyl and Water, morning and evening seven dayes together, and be sure you shift it constantly; and the day before you mean to melt it, wring it hard by a little at a time, and be sure the Oyl and water be all out of it, wring the water well out of it with a Napkin every time you shift it; then
put

put in three pints of Rose-water ; let it stand close covered twelve hours, then wring out that , and put in a pint of fresh Rose-water into a high Gallipot with the feces ; then tie it close up , and set it in a pot of water , and let it boil two hours , then take it out , and strain it into an earthen pan , let it stand till it is cold ; then cut a hole in it , and let out the water , then scrape away the bottom , and dry it with a cloth , and dry the pan ; melt it in a chafing-dish of coals , or in the Gallipots ; beat it so long , till it look very white and shining ; then with your hand fling it in fine Cakes upon white paper , and let it lie till it be cold , then put it into Gallipots. This will be very good for two or three years.

To make Raisin Wine.

Take two pound of Raisins of the Sun shred , a pound of good powdered Sugar , the juyce of two Lemons , one pill , put these in an earthen pot with a top , then take two gallons of water , let it boil half an hour , then take it hot from the fire , and put it into the pot , and
cover

cover it close for three or four dayes, stirring it twice a day, being strained, put it into bottles, and stop it very close, in a fortnight or three weeks it may be drunk; you may put in Cloves, Gilly-flowers, or Cowslips, as the time of the year is when you make it; and when you have drawn this from the Raisins, and bottled it up, heat two quarts of water more put it to the Ingredients, and let it stand as aforesaid. This will be good, but smaller then the other, the water must be boiled as the other.

To make Raspberry Wine.

Take a Gallon of good Rhennish Wine, put into it as much Raspberries very ripe as will make it strong, put it in an earthen pot, and let it stand two days, then pour your Wine from your Raspberries, and put into every bottle two ounces of Sugar. Stop it up, and keep it by you.

The best way to preserve Cherries.

Take the best Cherries you can get, and cut the stalks something short, then
for

for every pound of these Cherries take two pound of other Cherries, and put them of their stalks and stones, put to them tea spoonfuls of fair water, and then set them on the fire to boil very fast till you see that the colour of the syrup be like pale claret Wine, then take it off the fire, and drain them from the Cherries into a pan to preserve in. Take to every pound of cherries a quarter of sugar, of which take half, and dissolve it with the cherry-water drained from the Cherries, and keep them boiling very fast till they will gelly in a spoon, and as you see the syrup thin, take off the sugar that you kept finely beaten, and put it to the Cherries in the boiling; the faster they boil, the better they will be preserved, and let them stand in a pan till they be almost cold.

A Tincture of Ambergreese.

Take Ambergreese one ounce, Musk two drams, spirit of Wine half a pint, or as much as will cover the Ingredients two or three fingers breadth, put all into a glass, stop it close with a cork and bladder; set it in Horse dung ten or twelve

twelve dayes, then pour off gently the Spirit of Wine, and keep it in a Glasse close stopt, then put more spirit of Wine on the Ambergreece, and do as before; then pour it off, after all this the Ambergreece will serve for ordinary uses. A drop of this will perfume any thing, and in Cordials it is very good.

To make Usquebath the best way.

Take two quarts of the best *Aqua vite*, four ounces of scraped liquorish, and half a pound of sliced Raisins of the Sun, Anniseeds four ounces, Dates and Figs, of each half a pound, sliced Nutmeg, Cinnamon, Ginger, of each half an ounce: put these to the *Aqua vite*, stop it very close, and set it in a cold place ten dayes, stirring it twice a day with a stick, then strain or sweeten it with Sugarcandy; after it is strained, let it stand till it be clear, then put into the glass Musk and Ambergreece; two grains is sufficient for this quantity.

To preserve Cherries with a quarter of their weight in Sugar.

four pound of Cherries, one
M pound

pound of Sugar, beat your Sugar and strew a little in the bottom of your skillet, then pull off the stalks and stones of your Cherries, and cut them cross the bottom with a knife; let the juyce of the Cherries run upon the Sugar; for there must be no other liquor but the juyce of the Cherries; cover your Cherries over with one half of your Sugar, boil them very quick; when they are half boi ed, but in the remainder of your Sugar; when they are almost enough, put in the rest of the Sugar; you must let them boil till they part in sunder like Marmalade, stirring them continually, so put them up hot into your warm Marmalade glasses.

To make Gelly of Pippins.

Take pippins, and pare them, and quarter them, and put as much water to them as will cover them, and let them boil till all the vertue of the Pippins are out; then strain them, and take to a pint of that liquor a pound of Sugar, and cut long threads of Orange peels, and boil in it, then take a Lemon, and pare and slice it very thin, and boil it in ten or twelve

quor a little thin; take them out, and lay them in the bottom of your glass, and when it is boiled to a gelly, pour it on the Lemons in the glass. You must boil the Oranges in two or three waters before you boil it in the gelly.

To make Apricock Cakes.

Take the fairest Apricocks you can get, and parboil them very tender, then take off the pulp and their weight of Sugar, and boil the Sugar and Apricocks together very fast; stir them ever lest they burn to; and when you can see the bottom of the Skillet it is enough, then put them into Cards sowed round, and dust them with fine Sugar, and when they are cold stone them, then turn them, and fill them up with some more of the same stuff; but you must let them stand for three or four dayes before you turn them off the first place; and when you finde they begin to candy, take them out of the Cards, dust them with Sugar again; so do even when you turn them.

To Preserve Barberries the best way.

First stone them and weigh them, half a pound of sugar to half a pound of them, then pare them and slice them into that liquor, take the weight of it in sugar; then take as many Rasberries as will colour it, and strain them into the liquor then put in the sugar, boil it as fast as you can, then skim it till it be very clear, then put in your Barberries, and Sugar you weighed, and so let them boil till the skin be fully risen up, then take them off, and skin them very clean, and put them up.

To make Lozenges of red Roses.

Boil your Sugar to Sugar again, then put in your Red Roses being finely beaten, and made moist with the Juyce of a Lemmon, let it not boil after the Roses are in, but pour it upon a Pye-plate, and cut it into what form you please.

To make Chips of Quinces.

First scald them very well, then slice them into a Dish, and pour a Candy syrup to them scalding hot, and let them stand all night, then lay them on plates, and searse sugar on them, and turn them every day, and scrape more sugar on them till they be dry. If you would have them look clear, heat them in syrup, but not to boil.

To make Sugar of Wormwood, Mint, Anni-seed, or any other of that kinde.

Take double refined Sugar, and do but wet it in fair water, or Rose-water, and boil it to a Candy, when it is almost boiled take it off, and stir it till it be cold; then drop in three or four drops of the Oyls of whatsoever you will make, and stir it well; then drop it on a board, being before sifted with Sugar.

To make Syrup of Lemons or Citrons.

Pare off all the rindes, then slice your Lemons very thin, and lay a lare of

M 3

Sugar

Sugar finely beaten, and a lare of Lemons in a silver Bason till you have fitted it, or as much as you mean to make, and so let it stand all night; the next day pour off the liquor that runs from it into a glass through a Tiffany strainer. Before you put Sugar enough to them at the first, and it will keep a year good, if it be set up well.

To make Jumbals of Apricocks or Quinces.

Take Apricocks or Quinces, and quoddle them tender, then take their Pulp and dry it in a dish over a Chafing-dish of coals, and set it in a stove for a day or two; then beat it in a stone Mortar, putting in as much Sugar as will make a stiff paste; then colour it with Saunders, Cochinele or blew Starch, and make it up in what colour you please, rowl them with battle-doors into long pieces, and tye them up in knots, and so dry them.

To make Cherry water.

Take nine pound of Cherries, pull out the stones and stalks, break them with

with your hand, and put them into nine pints of Claret Wine, take nine ounces of Cinamon, and three Nutmegs, bruise them, and put them into this, then take of Rosemary and Balm, of each half a handful, of sweet Marjoram a quarter of an handful; put all these with the afore-named into an earthen pot well leaded; so let them stand to infuse twenty four hours, stirring it once in four or five hours; so distill it in a Limbeck, keeping the strongest water by it self, put some Sugar finely beaten into your glasses. If your first water be too strong, put some of the second to it as you use it. If you please you may tie some Musk, and Ambergreefe in a rag, and hang it by a thread in your glass.

To make Orange Cakes.

Take Oranges and pare them as thin as you can, then take out the meats clean, and put them in water; let them lie about an hour, shift the water, and boil them very tender in three or four waters. then put them up, and dry them on a cloth: mince them as small as you can, then put them into a dish, and squeeze all the juyce of the meat into them, and

let them stand till the next day, take to every pound of these a pound and a quarter of double refined Sugar. Boil it with a spoonful of water at the bottom to keep it from burning till it be Sugar again; then put in your Oranges, and let them stand and dry on the fire, but not boil; then put them on glass plates, and put them in a stove, the next day make them into Cakes, and so dry them as fast as you can.

To preserve Oranges the French way.

Take twelve of the fairest Oranges and best coloured, and if you can get them with smooth skins they are the better, and lay them in Conduit water six dayes, and nights, shifting them into fresh water morning and evening, then boil them very tender, and with a knife pare them very thin, rub them with salt, when you have so done, core them with a coring Iron, taking out the meat and seeds; then rub them with a dry cloth till they be clean, and to every pound of Oranges a pound and half of Sugar, and to a pound of sugar a pint of water; then mingle your sugar and water well together in a large skillet or pan; beat the whites of three Eggs,

Eggs, and put that into it, then set it on the fire, and let it boill till it rises, and strain it through a Napkin; then set it on the fire again, and let it boill till the syrup be thick, then put in your Oranges, and make them see the as fast as you can, now and then putting in a piece of fine loaf sugar the bigness of a Walnut, when they have boilled near an hour, put into them a pint of Apple water: then boill them apace, and half a pint of White Wine, this should be put in before the Apple water, when your Oranges are very clear, and your sirup so thick that it will gelly, (which you may know by setting them to cool in a spoon) when they are ready to be taken off from the fire; then put in the juyce of eight lemons warm into them, then put them into an earthen pan, and so let them stand till they be cold, then put every Orange in a severall glass or pot; if you do but six Oranges at a time, it is the better.

To preserve green Plums.

The greatest Wheaten Plum is the best, which will be ripe in the midst of

M^s

July,

July, gather them about that time, or later, as they grow in bigness, but you must not suffer them to turn yellow, for then they never be of good colour; being gathered, lay them in water for the space of 12. hours, and when you gather them, wipe them with a clean linnen cloth, and cut off a little of the stalks of every one; then set two skillets of water on the fire, and when one is scalding hot put in your Plums, and take them from the fire, and cover them, and let them rest for the space of a quarter of an hour; then take them up, and when your other skillet of water doth boil, put them into it; let them but stay in it a very little while, and so let the other skillet of water, wherein they were first boiled, be set to the fire again, and make it to boil, and put in you plums as before, and then you shall see them rivet over, and yet your Plums very whole; then while they be hot, you must with your knife scrape away the riveting; then take to every pound of Plums a pound and two ounces of Sugar finely beaten, then set a pan with a little fair water on the fire, and when it boils, put in your Plums, and let them see the half

a quarter of an hour till you see the colour wax green, then set them off the fire a quarter of an hour, and take a handful of Sugar that is weighed, and strow it in the bottom of the pan wherein you will preserve, and so put in your Plums one by one, drawing the liquor from them, and cast the rest of your Sugar on them; then set the pan on a moderate fire, letting them boil continually but very softly, and in three quarters of an hour they will be ready, as you may perceive by the greenness of your Plums, and thickness of your Syrup, which if they be boiled enough, will gelly when it is cold; then take up your plums, and put them into a Gallipot, but boil your Syrup a little longer, then strain it into some vessel, and being blood-warm, pour it upon your Plums, but stop not the pot before they be cold. Note also you must preserve them in such a pan, as they may lie one by another, and turn of themselves; and when they have been five or six dayes in the Syrup, that the Syrup grow thin, you may boil it again with a little Sugar, but put it not to your Plums till they be cold. They must have three scaldings, and one boiling.

To dry Plums.

Take three quarters of a pound of sugar to a pound of black Pear-plums, or Damsins, slit the Plums in the crest, lay a lay of sugar with a lay of Plums, and let them stand all night; if you stone the Plums, fill up the place with sugar, then boil them but gently till they be very tender, without breaking the skins; take them into an earthen or silver dish, and boil your syrup afterwards for a gelly, then pour it in your Plums scalding hot, and let them stand two or three dayes, then let them be put to the Oven after you draw your bread, so often until your syrrup be dried up, and when you think they are almost dry, lay them in a sieve, and pour some scalding water on them, which will run through the Sieve, and set them in an Oven afterwards to dry.

To preserve Cherries the best way, bigger then they grow naturally, &c.

Take a pound of the smallest Cherries, and boil them tender in a pint of
fair

fair water, then strain the liquor from the substance, then take two pound of good Cherries, and put them in a preserving pan with a lay of Cherries, and a lay of sugar: then pour the syrup of the other Cherries about them, and so let them boil as fast as you can with a quick fire, that the syrup may boil over them, and when your syrup is thick and of good colour, then take them up, and let them stand a cooling by partitions one from another, and being cold you may pot them up.

To preserve Damfins, red Plums or black.

Take your Plums newly gathered, and take a litle more sugar then they do weigh, then put to it as much water as will cover them; then boil your syrup a little while, and so let it cool, then put in your Damfins or Plumbs, then boil them leasurely in a pot of seething water till they be tender, then being almost cold pot them up.

To dry Pippins or Pears.

Take your Pippins, Pears, Apricocks,
pare

pare them, and lay them in a broad earthen pan one by one, and so rowl them in searsed Sugar as you flower fried fish; put them in an oven as hot as for manchet, and so take them out, and turn them as long as the oven is hot; when the oven is of a drying heat, lay them upon a paper, and dry them on the bottom of a Sieve; so you may do the least plum that is.

To dry Pippins or Pears another way.

Take Pippins or Pears, and lay them in an earthen pan one by one, and when they be baked plump and not broken, then take them out, and lay them up; and lay them upon a paper, then lay them on a Sieves bottom, and dry them as you did before.

To dry Apricocks tender.

Take the ripest of the Apricocks, pare them, put them into a silver or earthen skillet, and to a pound of Apricocks put three quarters of a pound of Sugar, set your Apricocks over your fire; stirring them till they come to a pulp, and set

set the Sugar in another skillet by boiling it up to a good height, then take all the Apricocks, and stir them round till they be well mingled, then let it stand till it be something cold and thick, then put it into Cards, being cut of the fashion of an Apricock, and laid upon glass plates; fill the Cards half full, then set them in your Stove; but when you finde they are so dry that they are ready to turn, then provide as much of your pulp as you had before, and to put to every one a stove when they are turned, (which you must have said before) and pour the rest of the pulp upon them, so set them into your stove, turning them till they be dry.

To dry Plums.

Take a pound of Sugar to a pound of Plums, pare them, scald your Plums, then lay your Plums upon a sieve till the water be drained from them, boil your Sugar to a Candy height, and then put your Plums in whilest your Syrup is hot, so warm them every morning for a week, then take them out, and put them into your stove and dry them.

To dry Apricocks.

Take your Apricocks, pare and stone them, then weigh half a pound of sugar to a pound of Apricocks, then take half that sugar, and make a thin sirup, and when it boileth, put in the Apricocks, then scald them in that sirup; then take them off the fire, and let them stand all night in that Syrup, in the morning take them out of that sirup, and make another sirup with the other half of the sugar, then put them in, and preserve them till they look clear; but be sure you do not do them so much as those you keep preserved without drying; then take them out of that sirup, and lay them on a piece of plate till they be cold; then take a skillet of fair water, and when the water boils take your Apricocks one after another in a spoon, and dip them in the water first on one side, and then on the other; not letting them go out of the spoon: you must do it very quick, then put them on a piece of a plate, and dry them in a stove, turning them every day; you must be sure that your Stove or Cub-board

board where you dry them, the heat of it be renewed three times a day with a temperate drying heat until they be something dry, then afterwards turn once as you see cause.

Conserves of Violets the Italian manner.

Take the leaves of blew Violets separated from their stalks and greens, beat them very well in a stone Mortar, with twice their weight of Sugar, and reserve them for your use in a glass vessel.

The Vertue.

The heat of Choler it doth mitigate, extinguisheth thirst, asswageth the belly, and helpeth the Throat of hot hurts, sharp droppings, and driness, and procurereth rest. It will keep one year.

Conserves of red Roses the Italian manner.

Take fresh red Roses not quite ripe, beat them in a stone Mortar, mix them with double their weight of Sugar, and put them in a glass close stopped, being not full, let them remain before you use them three moneths, stirring of them once a day.

The

The Vertue.

The Stomach, Heart, and Bowels it cooleth, and hindered vapours, the spitting of blood and corruption for the most part (being cold) it helpeth. It will keep many years.

Conserve of Borage Flowers after the Italian Manner.

Take fresh Borage flowers cleansed well from their heads four ounces, fine Sugar twelve ounces, beat them well together in a stone Mortar, and keep them in a vessel well placed.

The vertues are the same with Bugloss flowers.

Conserve of Rosemary flowers after the Italian manner.

Take new Rosemary Flowers one pound, of white Sugar one pound; so beat them together in a Marble Mortar with a wooden Pestle, keep it in a Gallipot, or vessel of earth well glassed, or in one of hard stone. It may be preserved for one year or two.

The Vertues.

It comforteth the Heart, the Stomach, the brain, and all the nervous parts of the Body.

Conserve of Betony after the Italian way.

Betony new and tender one pound, the best Sugar three pound, beat them very small in a stone Mortar, let the Sugar be boiled with two pound of Betony-water to the consistence of a syrup, at length mix them together by little and little over a small fire, and make a Conserve, which keep in a glass.

The Vertues.

It helpeth the cold pains of the Head, purgeth the Stomach and Womb; it helpeth stoniness of the Reins, and furthereth Conception.

Conserve of Sage:

Take new flowers of Sage one pound, Sugar one pound; so beat them together very small in a Marble Mortar, put them in a vessel well glassed and steeped, set them in the Sunne, stir them

them daily ; it will last one year.

The Vertues,

It is good in all cold hurts of the brain, it refresheth the Stomach, it openeth obstructions, and takes away superfluous and hurtful humours from the Stomach.

Conserve of the Flower of Lavander.

Take the flowers being new, so many as you please, and beat them with three times their weight of white sugar, after the same manner as Rosemary flowers; they will keep one year.

The Vertues.

The Brain, the Stomach, Liver, Spleen, and Womb it maketh warm, and is good in the Suffocation of the Womb, hardness of the Spleen, and for the Apoplex.

Conserve of Marjoram.

The Conserve is prepared as Betony; it keepeth a year.

The Vertues.

It is good against the coldnesse, moistnesse of the Brain, and Stomach,
and

and it strengtheneth the Vital Spirits.

Conserve of Piony after the Italian way.

In the Spring take of the Flowers fresh half a pound, Sugar one pound, beat them together in a good stone mortar, then put them in a glass, and set them in the sun for three Moneths, stirring them daily with a wooden Spatula.

The Vertues.

It is good against the Falling-sickness, and giddiness of the Head, it cleanseth the Reins and Bladder.



Touching Candies, as
followeth.

To Candy Rosemary flowers in the Sun.

TAke Gum-Dragon, and steep it in Rose-water, then take the Rosemary,

mary flowers, good coloured, and well pickt, and wet them in the water that your Gum Dragon is steeped in, then take them out, and lay them upon a Paper, and strew fine Sugar over them; this do in the hot Sun, turning them, and strewing Sugar on them, till they are candied, and so keep them for your use.

To make Sugar of Roses.

Take the deepest coloured red Roses, pick them, cut off the white bottoms, and dry your red leaves in an Oven, till they be as dry as possible, then beat them to powder and searse them, then take half a pound of sugar beaten fine, put it into your pan with as much fair water as will wet it; then set it in a chafing-dish of coals, and let it boil till it be Sugar again; then put as much powder of roses that will make it look very red, stir them well together, and when it is almost cold, put it into pales, and when it is thoroughly cold, take them off, and put them in boxes.

To Candy Pippins, Pears, Apricocks, or Plums.

Take any of these fruits being pared, and strew upon them, as you do flower upon frying fish; then lay them on a board in a Pewter dish, so put them into an Oven as hot as for Manchet; as the liquor comes from them, pour forth, turn them, and strew more Sugar on them, and sprinkle Rose water on them, thus turning and sugaring of them three or four times, till they be almost dry, then lay them on a Lettice Wire, or on the bottom of a sieve in a warm oven, after the bread is drawn out, till they be full dry: so you may keep them all the year.

To Candy or Clear Rockandy flowers.

Take spices, and boil them in a syrup of sugar, then put in the flowers, boil them till they be stiff; when you spread them on a paper, lay them on round Wiers in an earthen pan, then take as much hard sugar as will fill your pan, and as much water as will melt the sugar,

gar, that is half a pint to every pound; then beat a dozen Spoonfuls of fair water, and the white of an Egg in a bason, with a Birchin rod till it come to a froth, when your Sugar is all melted and boiled, put the froth of the Egg in the hot sirup, and as it riseth, drop in a little cold water; so let it boil a little while, then scum it, then boil it to a candy height, that is, when you may draw it in small threads between your finger and your thumb: then pour forth all your sirup that will run from it in your pan, then set it a drying one hour or two, which done, pick up the wiers, and take off the flowers, and lay them on papers, and so dry them.

To Candy Spanish flowers.

Take the Blossoms of divers sorts of flowers, and make a sirup of water and sugar, and boil it very thick, then put in your Blossoms, and stir them in their boiling, till it turn to sugar again, then stir them with the back of a spoon, till the Sugar fall from it; so may you keep them for Sallets all the year.

To Candy Grapes, Cherries or Barberries.

Take any of these fruits, and strew fine sifted sugar on them, as you do flower on frying fish, lay them on a lettice of wier in a deep earthen pan, and put them into an Oven as hot as for Manchets, then take them out, and turn them and sugar them again, and sprinkle a little Rose-water on them, pour the syrup forth as it comes from them, thus turning and sugaring them till they be almost dry, then take them out of the earthen pan, and lay them on a lettice of wier upon two billets of wood in a warm Oven, after the bread is drawn, till they be dry and well candied.

To Candy Suckets of Oranges, Lemons, Citrons, and Angelica.

Take, and boil them in fair water tender, and shift them in three boilings, six or seven times, to take away their bitterness, then put them into as much sugar as will cover them, and so let them boil a walm or two, -then take them out, and dry them in a warm oven

as hot as Manchet, and being dry, boil the sugar to a Candy height, and so cast your Oranges into the hot sugar, and take them out again suddenly, and then lay them upon a lettice of wier on the bottom of a sieve in a warm oven after the bread is drawn, still warming the Oven till it be dry, and they will be well candied.

To Candy the Orange roots

Take the Orange roots being well and tenderly boiled, petch them and peel them, and wash them out of two or three waters; then dry them well with a fair cloth, then pot them together two or three in a knot, then put them into as much clarified Sugar as will cover, and so let them boil leasurely, turning them until you see the Sugar drunk up into the Root; then shaking them in the Bason to sunder the knots; and when they wax dry, take them up suddenly, and lay them on sheets of white Paper, and so dry them before the fire an hour or two, and they will be well candied.

Candy Orange Peels after the Italian way.

Take Orange peels so often steeped in cold water, as you think convenient for their bitterness, then dry them gently, and candy them with some convenient syrrup made with Sugar; some that are more grown, take away that spongy white under the yellow peels, others do both together.

The Vertues,

They corroborate the Stomach and Heart.

To Candy Citrons after the Spanish way.

Take Citron Peels so large as you please, the inner part being taken away, let them be steeped in a clear lay of water and ashes for nine dayes, and shift them the fifth day, afterward wash them in fair water, till the bitterness be taken away, and that they grow sweet, then let them be boiled in fair water till they grow soft, the watery part being taken away, let them be steeped in a vessel of stone twenty four hours, with a Julip made of white Sugar, and three parts

water , after let them be boiled upon a gentle fire , to candness of Penidies or Paste ; being taken out of that, let them be put in a glass vessel , one by one, with the Julip of Roses made somewhat hard, or with sugar ; some do adde Amber and Musk to them.

The Vertues.

It comfourteth the Stomach and Heart, it helpeth concoction.

Candied Cherries the Italian wy.

Take Cherries before they are full ripe, the stones taken out , put clarified Sugar boiled to a height, then pour it on them.

Chicory Roots candied the Italian way.

Take Chicory new and green, the outward Bark being taken away , then before they be candied , let them be cut in several parts, and gently boiled , that no bitterness may remain , then set them in the air placed severally, and put Sugar to them boiled to a height.



Touching Marmalets,
and Quiddony, as
followeth.

To make Marmalet of Damfins.

TAKE two quarts of Damfins that be through ripe, and pare off the skins of three pints of them, then put them into an earthen pipkin, those with the skins undermost; then set the pipkin into a pot of seething water, and let the water seethe apace untill the Damfins be tender. Cover the pipkin close, that no water gets into them; and when they are tender, put them out into an earthen pan, and take out all the stones and skins, then weigh them, and take the weight with hard Sugar, then break the Sugar fine, and put it into the Damfins, then set it on the fire, and make it boil apace till it will come

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from

from the bottom of the skillet, then take it up, and put it into a glass, but scum it clear in the boiling.

To make white Marmalet of Quinces.

Take unpared Quinces, and boil them whole in fair water, peel them and take all the pap from the coar, to every pound thereof adde three quarters of a pound of Sugar, boil it well till it come well from the pans bottom, then put it into boxes.

To make Marmalet of any tender Plum.

Take your Plums, and boil them between two dishes on a Chafing-dish of coals, then strain it, and take as much Sugar as the Pulp do weigh, and put to it as much Rose-water, and fair water as will melt it, that is, half a pint of water to a pound of Sugar, and so boil it to a Candy height, then put the pulp into hot Sugar, with the pap of a roasted apple. In like manner you must put roasted Apples to make PASTE ROYAL of it, or else it will be tough in the drying.

To make Orange Marmalet.

Take Oranges, pare them as thin as you can, boil them in four severall waters, let them be very soft before you take them out, then take two quarts of Spring-water, put thereto twenty Pippins pared, quartered and coared, let them boil till all the vertue be out; take heed they do not lose the colour; then strain them, put to every pint of water a pound of Sugar, boil it almost to a Candy height, then take out all the meat out of the Oranges, slice the peel in long slits as thin as you can, then put in your peel with the juyce of two Lemmons, and one half Orange, then boil it to a Candy.

To make Quiddony of Pippins, of Ruby, or any Amber colour.

Take Pippins, and cut them in quarters, and pare them, and boil them with as much fair water as will cover them, till they be tender, and sunk into the water, then strain all the liquor from the Pulp, then take a pint of that li-

quor and half a pound of Sugar , and boil it till it be a quaking gelly on the back of a spoon; so then pour it on your moulds, being taken out of fair water; then being cold, turn them on a wet trencher, and so slide them into the boxes, and if you would have it ruddy colour, then boil it leasurely close covered, till it be as red as Claret Wine, so may you conceive, the difference is in the boiling of it; remember to boil your Quinces in Apple-water as you do your Plums.

To make Quiddony of all kindes of Plums

Take your Apple-water, and boil the Plums in it till it be red as Claret Wine, and when you have made it strong of the Plums, put to every pint half a pound of Sugar, and so boil it till a drop of it hang on the back of a spoon like a quaking gelly. If you will have it of an Amber colour, then boil it with a quick fire, that is all the difference of the colouring of it.

*To make Marmalet of Oranges, or
Orange Cakes, &c.*

Take the yellowest and fairest Oranges, and water them three dayes, shifting the water twice a day, pare them as thin as you possible can, boil them in a Water changed five or six times, until the bitterness of the Orange be boiled out; those that you preserve, must be cut in halves, but those for Marmalet must be boiled whole, let them be very tender, and slice them very thin on a Trencher, taking out the seedes and long strings, and with a Knife make it as fine as the Pap of an Apple; then weigh your Pap of Oranges, and to a pound of it, take a pound and half of Sugar: then you must have Pippins boiled ready in a Skillet of fair water, and take the Pap of them made fine on a Trencher, and the strings taken out, (but take not half so much Pippins as Oranges) then take the weight of it in Sugar, and mix it both together in a silver or earthen Dish; and set it on the coals to dry the water out of it, (as you

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do

do with Quince Marmalet) when your Sugar is Candy height, put in your stuff, and boil it till you think it stiff enough. stirring it continually: if you please you may put in a little Musk in it.



Touching Pastrey and Pasties.

To make Sugar Cakes.

TAke three pound of the finest Wheat Flower, one pound of fine Sugar, Cloves and Mace of each one ounce finely searsed, two pound of Butter, a little Rose-water, knead and mould this very well together, melt your Butter as you put it in; then mould it with your hand forth upon a board, cut them round with a glass, then lay them on papers, and set them in an Oven, be sure your
Oven

Oven be not too hot , so let them stand till they be coloured enough.

To make clear Cakes of Plums.

Take Plums of any sorts , Raspis are the best, put them in a stone Jug, into a pot of seething water , and when they are dissolved, strain them together through a fair cloth, and take to a pint of that a pound of sugar, put to as much colour as will melt it , and boil to a Candy height ; boil the liquor likewise in another Posnet , then put them seething hot together , and so boil a little while stirring them together , then put them into glasses, and set them in an Oven or Stove in a drying heat , let them stand so two or three weeks , and never be cold ; removing them from one warm place to another, they will turn in a week ; beware you set them not too hot, for they will be tough ; so every day turn them till they be dry ; they will be very clear.

To make Paste of Oranges and Lemons.

Take your Oranges well coloured,
boil

boil them tender in water, changing them six or seven times in the boiling, put into the first water one handfull of Salt, and then beat them in a wooden Bowl with a wooden pestle, and then strain them through a piece of Cushion Canvas, then take somewhat more then the weight of them in sugar, then boil it, dry and fashion it as you please.

To make Raspberry Cakes.

Take Raspberries, and put them into a Gallipot, cover them close, and set them into a skillet of water, and let them boil till they are all to mass, then rub them through a strainer of Cushion Canvas, put the liquor into a silver bason, and set it upon a very quick fire; and put into it one handfull or two of whole Raspberries, according to the quantity of your liquor: and as you shall like to have seeds in your paste. Thus let it boil very fast till it be thick, and continually stir, lest it burn; then take two silver dishes that are of a weight, and put them into your scales, in the one put the Raspis stuff, and in the other double refined Sugar finely beaten,

beaten, as much as the weight of Raspis stuff; then put as much water to the Sugar as will melt it, set it upon the fire, and let it boil till it be very high candied, then take it from the fire, and put your Raspis stuff into it; and when your Sugar and Rasberries are very well mixt together, and the Sugar well melted from about the dish, (which if it will not do from the fire, set it on again) but let it not boil in any case; when it is pretty cool, lay it by spoonfuls in plates, and put it into your stuff, keeping temperate fire to it twice a day till it be candied that will turn them, joyn two of the pieces together, to make the cake the thicker.

To make Paste of Genoa Citrons.

Take Citrons, and boil them in their skins then scrape all the pulp from the coar, strain it through a piece of Cushion Canvas, take twice the weight of the Pulp in Sugar, put to it twice as much water as will melt it, that is half a pint to every pound of Sugar, boil it to a candy height; dry the Pulp upon a Chafing dish of Coales, then put the

the Syrup and the Pulp hot together, boil it with stirring until it will lie upon a Pie-plate, set it in a warm stone Oven upon two Billets of wood, from the heat of the Oven, all one night, in the morning turn it, and set it in the like heat again, so turn it every day till it be dry.

To make a French Tart.

Take a quartern of Almonds or thereabouts, and peel them, then beat them in a Mortar, take the white of the breast of a cold Capon, and take so much Lard as twice the quantity of the Capon, and so much Butter, or rather more, and half a Marrow-bone, and if the bone be little then all the Marrow, with the juyce of one Lemon; beat them all together in a Mortar very well, then put in one half pound of loaf sugar grated, then take a good piece of Citron, cut it in small pieces, and half a quarter of Pistanius, mingle all these together, take some flower, and the yolks of two or three Eggs, and some sweet Butter, and work it with cold water.

To make Cakes of Pear-plums.

Take to a pound of the clear, or the Pulp, a pound of Sugar, and boil it to a Sugar again, then break it as small as you can, and put in the clear, when your sugar is well melted in it, and almost cold, put it in glass plates, and set them into your stove as fast as you can, with coals under them, and so twice a day whilest they be dry enough to cut; if you make them of the clear, you must make Paste of Apples to lay upon them, you must scald them, and beat them very well, and so use them as you do your Plums, and then you may put them into what fashion you please.

To make Cakes, viz.

Take a pound of sugar finely beaten, four yolks of Eggs, two whites, one half pound of Butter washt in Rose water, six spoonfuls of sweet Cream warmed, one pound of Currans well pickt, as much flower as will make it up, mingle them well together, make them into Cakes, bake them in an Oven; almost

most as hot as for manchet, half an hour will bake them.

To make a Cake the way of the Royal Princess, the Lady Elizabeth, daughter to King CHARLES the first.

Take half a peck of Flower, half a pint of Rose-water, a pint of Ale-yeast, a pint of cream, boil it, a pound and a half of Butter, six Eggs, (leave out the whites) four pound of Currans, one half pound of Sugar, one Nutmeg, and a little Salt, work it very well, and let it stand half an hour by the fire, and then work it again, and then make it up, and let it stand an hour and a half in the Oven; let not your Oven be too hot.

To make Paste of Apricocks.

Take your Apricocks, and pare them, and stone them, then boil them tender betwixt two dishes on a Chafing-dish of coals; then being cold, lay it forth on a white sheet of paper; then take as much Sugar as it doth weigh, and boil it to a Candy height, with
as

as much Rose-water and fair water as will melt the Sugar; then put the Pulp into the Sugar, and so let it boil till it be as thick as for Marmalet, now and then stirring of it; then fashion it upon a pie-plate like to half Apricocks, and the next day close the half Apricocks to the other, and when they are dry, they will be as clear as Amber, and eat much better then Apricocks it self.

To make Paffe of Pippins like leaves, and some like Plums, with their stones and Stalks in them.

Take Pippins pared and coared, and cut in pieces, and boiled tender, so strain them, and take as much Sugar as the Pulp doth weigh, and boil it to a Candy height, with as much Rose-water and fair water as will melt it, then put the pulp into the hot Sugar, and let it boil untill it be as thick as Marmalet; then fashion it on a pie-plate, like Oaken leaves, and some like half plums, the next day close the half blums together; and if you please you may put the stones and stalks in them, and dry them in an Oven, and if you will have them

them look green, make the paste when Pippins are green; and if you will have them look red, put a little Conserves of Barberries in the Paste, and if you will keep any of it all the year, you must make it as thin as Tart stuff, and put it in Gallipots.

To make Paste of Elecampane roots, an excellent remedy for the Cough of the Lungs.

Take the youngest Elecampane roots, and boil them reasonably tender; then pith them and peel them, and so beat it in a Mortar, then take twice as much sugar as the Pulp doth weigh, and so boil it to a Candy height, with as much rose-water as will melt it; then put the Pulp into the sugar with the Pap of a roasted Apple, then let it boil till it be thick, then drop it on a Pie-plate, and so dry it in a Oven till it be dry.

To make Paste of flowers of the colour of Marble, tasting of natural flowers.

Take every sort of pleasing flowers, as Violets, Cowslips, Gilly-flowers, Roses or Marigolds, and beat them in

a Mortar, each flower by it self with sugar, till the sugar become the colour of the flower, then put a little Gum Dragon steep in water into it, and beat it into a perfect paste; and when you have half a dozen colours, every flower will take of his nature, then rowl the paste therein, and lay one piece upon another, in mingling sort, so rowl your Paste in small rowls, as big and as long as your finger, then cut it off the bigness of a small nut, overthwart, and so rowl them thin, that you may see a knife through them, so dry them before the fire till they be dry.

To make Paste of Rasberries or English Currans.

Take any of the Frails, and boil them tender on a Chafing-dish of coals betwixt two dishes and strain them, with the pap of a roasted Apple, then take as much Sugar as the Pulp doth weigh, and boil to a Candy height with as much Rose-water as will melt it: then put the Pulp into the hot Sugar, and let it boil leasurely till you see it as thick as Marmaler, then fashion it on a Pie-plate, and
put

put it into the Oven with two billets of wood, that the place touch not the bottom, and so let them dry leasurely till they be dry.

To make Naples Bisket.

Take of the same stuff the Mackaroons are made of, and put to it an ounce of pine-apple seeds, in a quarter of a pound of stuff, for that is all the difference between the Mackaroons and the Naples Bisket.

To make Italian Biskets.

Take a quarter of a pound of searsed Sugar, and beat it in an Alablafter Mortar with the white of an Egg, and a little Gum Dragon steeped in rose-water, to bring it to a perfect paste, then mould it up with a little Anniseed and a grain of Musk; then make it up like Dutch bread, and bake it on a pie-plate in a warm Oven, till they rise somewhat high and white, take them out, but handle them not till they be thoroughly dry and cold.

To make Prince Biskets.

Take a pound of searsed Sugar, and a pound of fine flower, eight Eggs with two of the reddest yolks taken out, and so beat together one whole hour, then take you Coffins, and indoice them over with Butter very thin, then to it put an ounce of Anniseeds fine dusted, and when you are ready to fill your Coffins, put in the Anniseeds, and so bake it in an Oven as hot as for Manchet.

To make Marchpane to Ice and Gild, and garnish it according to Art.

Take Almonds, and blanch them out of seething water, and beat them till they come to a fine Paste in a stone Mortar, then take fine searsed Sugar, and so beat it all together till it come to a perfect paste, putting in now and then a spoonfull of Rose-water, to keep it from Oyling; then cover your Marchpane with a sheet of paper as big as a Charger, then cut it round by that charger, and set an edge about it as about a Tart, then bottom it with Wafers, then bake it in an Oven, or in a Baking-pan, and

and when it is hard and dry, take it out of the Oven, and Ice it with Rose-water and Sugar, and the white of an Egg, being as thick as Butter. and spreed it over thin with two or three feathers; and then put it into the Oven again, and when you see it rise high and white, take it out again and garnish it with some pretty conceit, and stick some long Comfits upright in it, so gild it, then strow Biskets and Carawayes on it. If your Marchpane be oyley in beating, then put to it as much rose-water as will make it almost as thin as to Ice.

Lorenges.

Take Blossoms of Flowers, and beat them in a bowl-dish, and put them in as much clarified sugar as may come to the colour of the cover, then boil them with stirring, till it is come to sugar again; then beat it fine, and searse it, and so work it up to paste with a little Gum Dragon, steep it in Rose-water, then print it with your mould, and being dry, keep it up.

To make Walnuts artificial.

Take searsed Sugar, and Cinnamon, of quantity alike, work it up with a little Gum Dragon, steep it in Rose-water, and print it in a mould made like a Walnut-shell, then take white sugar plates, print it in a mould made like a Walnut kernel, so when they are both dry, close them up together with a little Gum Dragon betwixt, and they will dry as they lie.

To make Collops like Bacon of Marchpane.

Take some of your Marchpane Paste, and work it in red Saunders till it be red; then rowl a broad sheet of white Paste, and the sheet of red Paste, three of the white, and four of the red, and so one upon another in mingled sorts, every red between, then cut it overthwart, till it look like Collops of Bacon, then dry it.

To make artificiall Fruits.

Take a Mould made of Alablafter,
three

three yolks, and tie two pieces together, and lay them in water an hour, and take as much sugar as will fill up your mould, and boil it in a *Manus Christi*, then pour it into your mould suddenly, and clap on the lid, round it about with your hand, and it will be whole and hollow, then colour it with what colour you please, half red, or half yellow, and you may yellow it with a little Saffron steep in water.



Touching Preserves and Pomanders.

To make an excellent Perfume to burn between two Rose-leaves.

TAKE an ounce of Juniper, an ounce of Storax, half a dozen drops of the water of Cloves, six graines of Musk, a little Gum Dragon steep in water,

water, and beat all this to paste, then roll it in little pieces as big as you please, then put them betwixt two Rose-leaves, and so dry them in a dish in an Oven, and being so dried, they will burn with a most pleasant smell.

- To make Pomander.

Take an ounce of Benjamin, an ounce of Storax, and an ounce of Laudanum, heat a Mortar very hot, and beat all these Gums to a perfect paste; in beating of it, put in six grains of Musk, four grains of Siver; when you have beaten all this to a fine paste with your hands with Rose-water, rowl it round betwixt your hands, and make holes in the beads, and so string them while they be hot.

To make an Ipswich Water.

Take a pound of fine white Castle Soap, shave it thin in a pint of Rose-water, and let it stand two or three dayes; then pour all the water from it, and put to it half a pint of fresh water, and so let it stand one whole day, then pour out that, and put half

a pint more, and let it stand a night more, then put to it half an ounce of powder called sweet Marjoram, a quarter of an ounce of powder of winter Savory, two or three drops of the Oyl of Spike, and the Oyl of Cloves, three graines of Musk; and as much Ambergreese; work all these together in a fair Mortar, with the powder of an Almond Cake dried, and beaten as small as fine Flower, so roul it round in your hands in Rosewater.

To make a sweet Smell.

Take the Masse of a sweet Apple tree, being gathered betwixt the two Ladydayes, and put to it a quarter of Damask Rose-water, and dry it in a dish in an Oven; wet it in drying two or three times with Rose-water, then put to it an ounce of Benjamin, an ounce of Storax Calamintæ; these Gums being beaten to powder, with a few leaves of Roses, then you may put what cost of Smells you will bestow, as much Civet or Ambergreese, and beat it all together in a Pomander or a Bracelet.

Touch-



Touching VVine.

To make Hypocras.

TAke four gallons of Claret Wine, eight ounces of Cinnamon, three Oranges, of Ginger, Cloves, and Nutmegs a small quantity, Sugar six pound, three sprigs of Rosemary, bruise all the spices somewhat small, and so put them into the Wine, and keep them close stopped, and often shaken together a day or two, then let it run through a gelly bag twice or thrice with a quart of new milk.

The Lady Thornburghs Syrup of Elders.

Take Elder-berries when they be red, bruise them in a stone Mortar, strain the juyce, and boil it to a consumption of almost half, scum it very clear, take it

off the fire whilest it is hot, put in sugar to the thickness of a Syrup; put it no more on the fire, when it is cold, put it into Glasses, not filling them to the top, for it will work like Beer.

This cleanseth the stomach and spleen, and taketh away all obstructions of the Liver, by taking the quantity of a spoonful in a morning, and fasting a short time after it.

To make Gelly of Raspis the best way.

Take the Raspis, and set them over the fire in a Posnet, and gather out the thin Juyce, the bottom of the skillet being cooled with fair water, and strain it with a fine strainer, and when you have as much as you will, then weigh it with Sugar, and boil them till they come to a Gelly, which you may perceive by drawing your finger on the back of the spoon.

To dry Fox Skins.

Take your shee Fox Skins, nail them upon a board as strait as you can, then brush them as clean as you can, then

then take Aqua Fortis , and put into it a six pence , and still put in more as long as it will dissolve it, then wash your skin over with this water , and set it to dry in the Sun ; and when it is dry , wash it over with the spirits of wine ; this must be done in hottest time of summer.



Choice Secrets made known.

To make true Majesty of Pearl.

Dissolve two or three ounces of fine seed Pearl in distilled Vinegar, and when it is perfectly dissolved , and all taken up, pour the Vinegar into a clean glass Bason ; then drop some few drops of Oyl of Tartar upon it, and it will cast
O 3 down

down the Pearl into fine powder, then pour the Vinegar clean off softly, then put to the Pearl clear Conduit or Spring water; pour that off, and do so often until the taste of the Vinegar and Tartar be clean gone, then dry the powder of Pearl upon warm embers, and keep it for your use.

How to make Hair grow.

Take half a pound of Aqua Mellis in the Spring time of the year, warm a little of it every morning when you rise, in a Sawcer, and tie a little sponge to a fine box comb, and dip it in the water, and therewith moisten the roots of the Hair, in combing it, and it will grow long, thick, and curled in a very short time.

To write Letters of secrets, that they cannot be read without the directions following.

Take fine Allum, beat it small, and put a reasonable quantity of it into water, then write with the said water.

The work cannot be read, but by steeping your paper into fair running water.

You

You may likewise write with Vinegar, or the juyce of Lemon or Onion ; if you would read the same , you must hold it before the fire.

How to keep Wine from sowering.

Tie a piece of very salt Bacon on the inside of your barrel , so as it touch not the Wine , which will preserve Wine from sowering.

To take out spots of Greefe or Oyl.

Take bones of sheeps feet, burn them almost to ashes , then bruise them to powder , and put of it on the spot , and lay it in the sun when it shineth hottest, when the powder becomes black, lay on fresh in the place till it fetch out the spots, which will be done in a very short time.

To make hair grow black, though any color.

Take a little Aqua Fortis , put therein a groat or six pence , as to the quantity of the aforesaid water, then set both to dissolve before the fire , then dip a

small sponge in the said water, and wet your beard or hair therewith, but touch not the skin.

King Edwards Perfume.

Take twelve spoonfulls of right red Rose-water, the weight of six pence in fine powder of Sugar, and boil it on hot Embers and Coals soft'y, and the house will smell as though it were full of Roses; but you must burn the sweet Cipress wood before, to take away the gross air.

Queen Elizabeths Perfume.

Take eight spoonfulls of Compound water, the weight of two pence in fine powder of sugar, and boil it on hot Embers and Coals softly, and half an ounce of sweet Marjoram dried in the Sun, the weight of two pence of the powder of Benjamin. This Perfume is very sweet, and good for the time.

*Mr. Ferenc of the New Exchange, Persu-
mer to the Queen, his rare Dentifrice,
so much approved of at Court.*

First take eight ounces of Irios roots, also four ounces of Pomistone, and eight ounces of Cutel bone, also eight ounces of mother of Pearle, and eight ounces of Corral, and a pound of brown sugar-candy, and a pound of Brick if you desire to make them red; but he did oftner make them white, and then instead of the Brick did take a pound of fine Alabaster; all this being thoroughly beaten, and sifted through a fine searse, the powder is then ready prepared to make up in a paste, which must be done as follows.

To make the said Powder into Paste.

Take a little Gum Dragant, and lay it in steep twelve hours, in Orange flower water or Damask Rose-water, and when it is dissolved, take the sweet Gum and grinde it on a Marble-stone with the aforesaid powder, and mixing some crums of white bread, it will come into a Paste, the which you may make Dentifrices, of what shape or fashion you please, but long rolls is the most commodious for your use.

The Receipt of the Lady Kents powder, presented by her Ladyship to the Queen.

Take white Amber, Crabs eyes, red Corral, Harts-horn and Pearl, all prepared several, of each a like proportion, tear and mingle them, then take Harts-horn gelly, that hath some Saffron put into a bag, dissolve into it while the gelly is warm, then let the gelly cool, and therewith make a paste of the powders, which being made up into little balls, you must dry gently by the fire side. Pearl is prepared by dissolving it with the juyce of Lemons, Amber prepared by beating it to powder; so also Crabs-eyes and Corral, Harts-horn prepared by burning it in the fire, and taking the shires of it especially, the pith wholly rejected.

A Cordial Water of Sir Walter Raleigh.

Take a gallon of Strawberries, and put them into a pint of *Aqua vite*, let them stand so four or five dayes, strain them gently out, and sweeten the water as you please with fine Sugar; or else with perfume.

The

The Lady Malets Cordial Water.

Take a pound of fine Sugar beaten, and put to it a quart of running water, pour it three or four times through a bag; then put a pint of Damask Rose-water, which you must alwayes pour still through the bag, then four penniworth of Angelica water, four pence in Clove-water, four pence of Rosa solis, one pint of Cinnamon-water, or three pints and half of *Aqua vite*, as you finde it in taste; put all these together three or four times through the bag or strainer, and then take half an ounce of good Muskallis, and cut them grossly, and put them into a glass, and fill them with the water, &c.

A Sovereign Water of Dr. Stephens, which he long times used, wherewith he did many Cures; he kept it secretly till a little before his Death, and then he gave it to the Lord Arch-bishop of Canterbury in writing, being as followeth, viz.

Take a Gallon of good Gascoine
VVine,

VVine, and take Ginger. Gallinga'le, Cinnamon, Nutmegs, Cloves, Grains, Ani-seeds, Fennil-seed, of every of them a dram, then take Caraway-seed, of red Mints, Roses, Thime., Pellitory of the Wall, Rosemary, wilde Thime, Camomil, the leaves, if you cannot get the flowers, of small Lavender, of each a handfull, then bray the spices small, and bray the Hearbs, and put all into the Wine, and let it stand so twelve hours, stirring it divers times, then still it in a Limbeck, and keep the first water, for it is best, then put the second water by it self, for it is good, but not of such vertues, &c.

The Vertues of this Water.

It comforts the Spirits Vitall, and helps all inward Diseases that come of cold, it is good against the shaking of the Palsie, it cures the Contraction of the Sinnews, helps the conception of women if they be barren, it kills the VVorms in the Belly and Stomach, it cures the cold Dropsie, and helps the Stone in the Bladder, and in the Reins of the back; it helps shortly the stinking breath, and whosoever useth this water morning and evening, (and not too often) it preserveth

serveth him in good liking, and will make him seem young very long, and comforteth nature marvellously; with this water did Dr. *Stephens* preserve his life, till extream age would not let him go or stand; and he continued five years, when all the Physicians judged he would not live a year longer, nor did he use any other Medicine but this, &c.

A Plague Water to be taken one spoonful every four hours with one sweat every time.

Take Scabious, Betony, Pimpernel, and Turmentine roots, of each a pound, steep these all night in three gallons of strong Beer, and distil them all in a Limbeck, and when you use it, take a spoonful thereof every four hours, and sweat well after it, draw two quarts of water, if your Beer be strong, and mingle them both together.

Poppy Water.

Take four pound of the Flower of Poppies well pickt and sifted, steep them all night in three Gallons of Ale that is strong, and still it in a Limbeck; you may

may draw two quarts, the one will be strong, and the other will be small, &c.

A Water for a Consumption, or for a Brain that is weak.

Take Cream (or new milk) and Claret VVine, of each three pints, of Violet flowers, Bugloss and Borage flowers, of each a spoonfull, Comfrey, Knotgrafs, and Plantain, of these half a handfull, three or four Pome-waters sliced, a stick of Liquorish, some Pompion seeds and strings; put to this a Cock that hath been chased and beaten before he was killed, dress it as to boil, and parboil it until there be no blood in it; then put them in a pot, and set them over your Limbeck, and the soft fire; draw out a pottle of water, then put your water in a Pipkin over a charcoal fire, and boil it awhile, dissolve therein six ounces of white Sugar-candy, and two penny weight of Saffron; when it is cold strain it into a glass, and let the Patient drink three or four spoonfulls three or four times a day blood-warm; your Cock must be cut into small pieces, and the bones broken, and in case the flowers and hearbs are hard to come by, a spoonful of their stilled waters are to be used.

An

Another for the same.

Take a pottle of good Milk, one pint of Muscadine, half a pint of red Rose-water, a penny manchets sliced thin, two handfulls of Raisins of the sun stoned, a quarter of a pound of fine sugar, sixteen Eggs beaten; mix all these together, then distill them in a common still with a soft fire, then let the Patient drink three or four spoonfulls at a time blood-warm, being sweetened with *Manus Christi* made with Corral and Pearle; when your things are all in the Still, strew four ounces of Cinnamon beaten: this water is good to put into broath, &c.

A good Stomach Water.

Take a quart of Aqua Composita, or Aqua vitæ, (the smaller) and put into it one handfull of Cowslip flowers, a good handfull of Rosemary flowers, sweet Marjoram, a little Pellitory of the Wall, a little Betony and Balm, of each a little handfull, Cinnamon half an ounce, Nutmegs a dram, Anniseeds, Coriander

riander seeds, Caroway seeds, Gromel-seeds, Juniper berries, of each a dram, bruise the spice and seed, and put them into *Aqua Composita*, or *Aqua vite*, with your Hearbs together, and put into them a pound of very fine sugar, stir them well together, and put them into a glass, and let it stand in the Sun nine dayes, and stir it every day; two or three Dates, and a little race of Ginger sliced into it will make it the better, especially against winde, &c.

A Bag of Purging Ale.

Take of Agrimony, Speedwell, Liverwort, Scurvy-grass, Water-Cresses, of each a handful, of Monk, of Rhubarb and red Madder, of each half a pound, of Horse-Radishes three ounces, Liquorish two ounces, Sassafrage four ounces, Sena seven ounces, sweet Fennil-seeds two drams, Nutmegs four: pick and wash your hearbs and roots, and bruise them in a Mortar, and put them in a bag made of a Bolter, and so hang them in three gallons of middle ale, and let it work in the Ale, and after three dayes you may drink it as you see occasion, &c.

The

*The Ale of Health and Strength, by
Viscount St. Albans.*

Take Sassafras wood half an ounce, Sarsaparilla three ounces, white Saunders one ounce, Chamapition an ounce, China-root half an ounce, Mace a quarter of an ounce, Chamapition an ounce, cut the wood as thin as may be with a knife into small pieces, and bruise them in a Mortar; put to them these sorts of Hearbs, (*viz.*) Cowslip Flowers, Roman VVormwood, of each a handful, of Sage, Rosemary, Betony, Mugwort, Balm and sweet Marjoram, of each half a handful, of Hops; boil all these in six gallons of Ale till it come to four, then put the wood and hearbs into six gallons of Ale of the second wort, and boil it till it come to four, let it run from the dregs, and put your Ale together, and run it as you do other purging Ale, &c.

A water excellent good against the Plague.

Take three pints of Malmsey, or Muscadine, of Sage and Rue, of each
one

one handfull, boil them together gently to one pint, then strain it and set it on the fire again, and put to it one penniworth of Long Pepper, Ginger four drams, Nutmegs two drams, all beaten together, then let it boil a little, take it off the fire, and while it is very hot, dissolve therein six penniworth of Methridate, and three penniworth of Venice Treacle, and when it is almost cold put to it a pint of strong Angelica water, or so much *Aqua vita*, and so keep it in a glass close stopped.

A Cordial Cherry-water.

Take a pottle of *Aqua vita*, two ounces of ripe Cherries stoned, Sugar one pound, twenty four Cloves, one stick of Cinamon, three spoonfuls of Aniseeds bruised, let these stand in the *Aqua vita* fifteen dayes, and when the water hath fully drawn out the Tincture, pour it off into another glass for your use, which keep close stopped, the Spice and the Cherries you may keep, for they are very good for winde in the Stomach.

The Lord Spencers Cherry-water.

Take a pottle of new Sack, four pound of through ripe Cherries stoned, put them into an earthen pot, to which put an ounce of Cinnamon, Saffron unbruised one dram, tops of Balm, Rosemary or their flowers, of each one handful, let them stand close covered twenty four hours, now and then stirring them; then put them into a cold Still, to which put of beaten Amber two drams, Coriander seed one ounce, Alkermes one dram, and distill it leasurely, and when it is fully distilled, put to it twenty grains of Musk. This is an excellent Cordiall, good for Faintings and Swoundings, for the Crudities of the Stomach, Winde and swelling of the Bowels, and divers other evill Symptoms in the Body of Men and Women,

The Herbs to be distilled for Usquebath.

Take Agrimony, Fumitory, Betony, Bugloss, Wormwood, Harts-tongue, Carduus Benedictus, Rosemary, Angelica,

lica, Tormentil, of each of these for every gallon of Ale one handful, Anni-seeds and Liquorice well bruised half a pound. Still all these together, and when it is stilled, you must infuse Cinnamon, Nutmeg, Mace, Liquorish, Dates, and Raisins of the Sun, and sugar what quantity you please. The infusion must be till the colour please you.

Dr. Kings way to make Mead.

Take five quarts and a pint of VVater, and warm it, then put one quart of Honey to every gallon of Liquor, one Lemon, and a quarter of an ounce of Nutmegs; it must boil till the scum rise black, that you will have it quickly ready to drink, squeeze into it a Lemon when you tun it. It must be cold before you tun it up.

To make Syrup of Rasberries.

Take nine quarts of Rasberries, clean pickt, and gathered in a dry day, and put to them four quarts of good Sack, into an earthen pot, then paste it up very close, and set it in a Cellar for ten
dayes,

dayes, then distill it in a Glasse or Rose-still, then take more Sack and put in Raspberries to it, then when it hath taken out all the colour of the Raspis, strain it out, and put in some fine Sugar to your taste, and set it on the fire, keeping it continually stirring till the scum doth rise; then take it off the fire, let it not boil, skim it very clean, and when it is cold put it to your distilled Raspis; but colour it no more then to make it a pale Claret Wine. This put into bottles or Glasses stopt very close.

To make Lemon Water.

Take twelve of the fairest Lemons, slice them, and put them into two pints of White Wine, and put to them Cinnamon two drams, Gallingle two drams, of Rose leaves, Borage and Bugloss flowers, of each one handfull, of yellow Saunders one dram; steep all these together twelve hours, then distill them gently in a Glasse Still until you have distilled one pint and an half of the Water, and then adde to it three ounces of Sugar, one grain of Amber-greece, and you will have a most pleasing

sing cleansing Cordiall water for many uses.

To make Gilly-flower Wine.

Take two ounces of dried Gilly-flowers, and put them into a pottle of Sack, and beat three ounces of Sugar-candy, or fine Sugar, and grinde some Ambergreece, and put it in the bottle and shake it oft, then run it through a gelly bag, and give it for a great Cordial after a weeks standing or more. You make Lavander Wine as you do this.

The Lady Spotswood Stomach water.

Take white Wine one pottle, Rosemary and Cowslip flowers, of each one handful. as much Betony leaves, Cinnamon and Cloves grossly beaten, of both one ounce; steep all these three dayes, stirring it often; then put to it Mithridate four ounces, and stir it together, and distill it in an ordinary Still.

Water of Time for the passion of the heart.

Take a quart of white Wine , and a pint of Sack, steep in it as much broad Thyme as it will wet , put to it of Gallingle and Calamus Aromaticus , of each one ounce, Cloves, Mace, Ginger, and grains of Paradise two drams , steep these all night , the next morning distill it in an ordinary Still , drink it warm with sugar.

A Receipt to make damnable Hum.

Take species de Gemmis , Aromaticum Rosatum , Diarrhodon Abbatis, Lætificans Galeni, of each four drams, Loaf Sugar beaten to powder half a pound , small *Aqua vitæ* three pints, strong Angelica water one pint ; mix all these together , and when you have drunk it to the Dregs , you may fill it up again with the same quantity of waters. The same powders will serve twice, and after twice using it, it must be made new again.

An

An admirable Water for sore Eyes.

Take *Lapis Tutia*, Aloes Hepatica, fine hard Sugar, of each three drams, beat them very small, and put them into a Glasse of three pints, to which put red Rose-water and white Wine, of each one pint; set the Glas in the Sun, in the Moneth of *July*, for the whole Moneth, shaking it twice in a day for all that while; then use it as followeth, put one drop thereof into the Eye in the evening, when the party is in bed, and one drop in the morning an hour before the Patient riseth: Continue the use of it till the Eyes be well. The older the VVater, the better it is. Most approved.

*A Snail Water for weak Children,
and old People.*

Take a pottle of Snails, and wash them well in two or three waters, and then in small Beer, bruise them shells and all, then put them into a gallon of red Cowes Milk, red Rose leaves dried, the whites cut off, Rosemary, sweet Mar.

Marjoram, of each one handful , and so distill them in a cold still, and let it drop upon powder of white Sugarcandy in the receiver ; drink of it first and last, and at four a clock in the afternoon , a Wine glass full at a time.

Clary water for the Back, Stomach, &c.

Take three gallons of midling Beer, put it in a great brasse Pot of four gallons, and put to it ten handfuls of Clary gathered in a dry day , Raisins of the Sun stoned three pounds, Anniseeds, and Liquorish, of each four ounces, the whites and shells of twenty four eggs, or half so many , if there be not so much need in the back, the shells small, and mix them with the whites ; put to the bottoms of three white loaves, put into the receiver one pound of white Sugarcandy, or so much fine loaf Sugar beaten small, and distill it through a Limbeck , keep it close, and be seldom without it. for it re-
meth very much the stomach and heart,
strengtheneth the back, procureth Appetite and Digestion, driveth away Melancholly , sadness and heaviness of the heart, &c.

Dr. Montfords Cordial Water.

Take Angelica leaves twelve handfuls, six leaves of Carduus Benedictus, Balm and Sage, of each five handfuls, the seeds of Angelica and sweet Fennil, of each five ounces bruised, scraped and bruised Liquorish twelve ounces, Aromaticum Rotatum, Diamoscus dulcis, of each six drams; the Hearbs being cut small, the seeds and Liquorish bruised, infuse them into two gallons of Canary Sack for twenty four hours, then distill it with a gentle fire, and draw off onely five pints of the spirits, which mix with one pound of the best Sugar dissolved into a Syrup in half a pint of pure red Rose-water.

Aqua mirabilis, Sir Kenelm Digby's way.

Take Cubebs, Gallingle, Cardamus, Mellilot flowers, Cloves, Nutmegs, Ginger, Cinnamon, of each one dram bruised small, juyce of Celandine one pint, juyce of Spearmint half a pint, juyce of Balm half a pint, Sugar one pound, flower of Cowslips, Rosemary, Borage,

Borage, Bugloss, Marigolds, of each two drams, the best Sack three pints, strong Angelica water one pint, red Rose-water half a pint, bruise the spices and flowers, and steep them in the Sack and juyces one night, the next morning distill it in an ordinary or glass still, and first lay Harts-tongue leaves in the bottom of the Still.

The Vertues of the precedent water.

This Water preserveth the Lungs without grievances, and helpeth them; being wounded, it suffereth not the blood to putrifie, but multiplieth the same; this water suffereth not the heart to burn, nor melancholy, nor the spleen to be lifted up above nature; it expelleth the Rhume, preserveth the Stomach, conserveth Youth, and procureth a good colour, it preserveth Memory, it destroyeth the Palsie; if this be given to one a dying, a spoonful of it reviveth him; in the summer use one spoonful a week fasting, in the winter two spoonfuls.

A Water for fainting of the Heart.

Take Bugloss and red Rose-water,
P 2 of

of each one pint, Milk half a pint, Anniseeds and Cinnamon grossly bruised, of each half an ounce, Maiden-hair two handfuls, Harts tongue one handful, both shred, mix all together, and distill it in an ordinary still, drink of it morning and evening with a little sugar.

A Surfeit Water.

Take half a bushel of red Corn Poppy, put it into a large dish, cover it with brown paper, and lay another dish upon it, set it in an Oven after brown bread is baked divers times till it be dry, which put into a pottle of good *Agua vite*, to which put Raisins of the sun stoned half a pound, six figs sliced, three Nutmegs sliced, two flakes of Mace bruised, two races of Ginger sliced, one stick of Cinnamon bruised, Liquorish sliced one ounce, Anniseed, Fennill-seed, and Cardamums bruised, of each one dram; put all these into a broad glasse body, and lay first some Poppy in the bottom, then some of the other Ingredients, then Poppy again, and so till the glasse be full; then

then put in the *Aqua vita*, and let it infuse till it be strong of the spices, and very red with the Poppy, close covered, of the which take two or three spoonfulls upon a Surfeit, and when all the liquor is spent, put more *Aqua vita* to it, and it will have the same effect the second time, but no more after.

D. Butlers Cordial Water against Melancholy, &c. Most approved.

Take the flowers of Cowslips, Marigolds, Pinks, Glove-gilly-flowers, single stock Gilly-flowers, of each four handfulls, the flowers of Rosemary, and Damask Roses, of each three handfulls, Borage and Bugloss flowers, and Balm leaves, of each two handfulls; put them in a quart of Canary Wine into a great Bottle or Jugg close stopped, with a Cork, sometimes stirring the flowers and wine together, adding to them Anniseeds bruised one dram, two Nutmegs sliced, English Saffron two penniworth; after some time infusion, distill them in a cold Still with a hot fire, hanging at the Nose of the Still

Ambergreece and Musk, of each one grain: then to the distilled water put White Sugar candy finely beaten six ounces, and put the glass wherein they are into hot water for one hour. Take of this water at one time three spoonfuls thrice a week, or when you are ill, it cureth all melancholly fumes, and infinitely comforts the spirits.

*The admirable and most famous
Snail Water.*

Take a peck of garden shell Snails, wash them well in small Beer, and put them in an hot Oven till they have done making a noise, then take them out, and wipe them well from the green froth that is upon them, and bruise them shells and all in a stone Mortar, then take a quart of earth worms, scowre them with salt, slit them and wash them well with water from their filth, and in a stone Mortar beat them to pieces, then lay in the bottom of your distilled pot Angelica two handfulls, and two handfulls of Celandine upon them, to which put two quarts of Rosemary flowers, Bears foot, Agrimony, red Dock Roots,
Bark

Bark of Barberries, Betony, wood sorrel, of each two handfuls, Rue one handful; then lay the Snails and Worms on the top of the Hearbs and Flowers, then pour on three Gallons of the strongest Ale, and let it stand all night, in the morning put in three ounces of Cloves beaten, six penniworth of beaten Saffron, and on the top of them six ounces of shaved Harts-horn, then set on the Limbeck, and close it with paste, and so receive the water by pints, which will be nine in all, the first is the strongest, whereof take in the morning two Spoonfuls in four Spoonfuls of small Beer, and the like in the afternoon; you must keep a good Diet. and use moderate exercise to warm the blood.

This Water is good against all Obstructions whatsoever. It cureth a Consumption and Dropfie, the stopping of the Stomach and Liver. It may be distilled with Milk for weak people and children, with Harts-tongue and Elecampane.

A singular Mint Water.

Take a still full of Mints, put Balm and Penniroyal, of each one good handful; steep them in Sack, or Lees of Sack twenty four hours, stop it close, and stir it now and then: Distill it in an ordinary still with a very quick fire, and keep the still with wet clothes, put into the Receiver as much sugar as will sweeten it, and so double distill it.



Distillings.

*A most excellent Aqua Coelestis taught by
Mr. Philips Apothecary.*

TAKE of Cinnamon one dram, Ginger half a dram, the three sorts of Saunders, of each of them three quarters of an ounce, Mace and Cubebs of each of them one dram, Cardamon the bigger
and

and lesser, of each three drams, Setwell. roots half an ounce, Anniseed, Fennilseed, Basil-seed, of each two drams, Angelica roots, Gillyflowers, Thime, Calamint, Liquorish, Calamus, Masterwort, Penniroyal, Mint, Mother of Thime, Marjoram, of each two drams, red Rose-seed, the flowers of Sage and Betony, of each a dram and a half, Cloves, Galingal, Nutmegs, of each two drams, the flowers of Stechados, Rosemary, Borage, and Bugloss flowers, of each a dram and half, Citron Rindes three drams; bruiſe them all, and put in theſe Cordial Powders, Diamber Aromaticum, Diamuſcum, Diachoden, the ſpices made with Pearle, of each three drams; infuſe all theſe in twelve pints of *Aqua vite*, in a glaſs cloſe ſtopped for fifteen dayes, often ſhaking it, then let it be put in a Limbeck cloſe ſtopped, and let it be diſtilled gently; when you have done, hang it in a cloth, two drams of Muſk, half a dram of Ambergreeſe, and ten or twelve grains of gold, and ſo receive it to your uſe.

*Hypocras taught by Dr. Twine for Winde
in the Stomach.*

Take Pepper, Grains, Ginger, of each half an ounce, Cinnamon, Cloves, Nutmegs, Mace, of each one ounce grossly beaten, Rosemary, Agrimony, both shred, of each a few crops, red rose leaves a pretty quantity, as an indifferent gripe, a pound of Sugar beaten; lay these to steep in a gallon of good Rhennish or White Wine in a close vessel, stirring it two or three times a day the space of three or four dayes together, then strain it through an Hypocras strainer, and drink a draught of it before meat half an hour, and sometimes after to help digestion.

*Marigold flowers distilled, good for the
pain of the Head.*

Take Marigold flowers, and distill them, then take a fine cloth and wet it in the aforesaid distilled water, and so lay it to the forehead of the Patient, and being so applied, let him sleep if he can: this with Gods help will cease the pain.

A water good for Sun-burning.

Take water drawn off the Vine dropping, the flowers of white Thorn, Bean-flowers, Water Lilly-flowers, Garden Lilly-flowers, Elder-flowers, and Tanfie flowers, Althea flowers, the whites of Eggs, French Barley.

The Lady Giffords Cordial Water.

Take four quarts of Aqua Vitæ, Borrage and Poppy-water, of each a pint, two pound of Sugar-candy, one pound of figs sliced, one pound of Raisins of the Sun stoned, two handfuls of red Roses clipped and dried, one handfull of red Mint, half a handful of Rosemary, as much of Hylop, a few Cloves; put all these in a great double Glass close stopped, and set it in the Sun three moneths, and so use it.

*A Water for one pensive and very sick, to
comfort the Heart very excellent.*

Take a good spoonful of *Manus Christi* beaten very small into powder, then take a quarter of a pound of very fine sugar, and beat it small, and six spoonfuls of Cinnamon water, and put to it, and ten spoonfuls of red Rose-water, mingle all these together, and put them in a dish, and set them over a soft fire five or six waimes, and so let it be put into a glass, and let the party drink thereof a spoonful or two, as he shall see cause.

To perfume Water.

Take Malmsey or any kinde of sweet water, then take Lavander, Spike, sweet Marjoram, Balm, Orange peels, Thime, Basil, Cloves, Bay leaves, Woodbine flowers, red and white Roses, and still them all together.

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